

I don't really have much to say tonight, other than it was an interesting day, I felt on the edge, hyper vigilant all day, almost as though I was in a partial psychosis, I'm really not sure what to do at this point other than just to ride it out, for that's the best that I can do!

I am really learning, or more to the point adjusting my mind and sense of self, to be calm, more resilient and more accepting, more importantly being able to be more flexible, in not only my mind, but my spirit.

One's resilience is not simply a matter of being calm in the mind, if the heart is racing, and the body is loaded with anxiety, for it simply won't work, for there is disharmony in the nervous system, the body is a complete construct, and if we revert back to the tree analogy, no amount of stability in the branches of a tree, or even the trunk are going to provide it with the resilience to survive a storm if the roots are weak.

If the foundations of oneself are not sure and steadfast, then no amount of added structural support is going to be of any substitute for its foundational strength!

Suffice to say, no amount of faith or belief is going to be of any substitute for actual functional biological strength and integrity, though this doesn't stop various religions from falsely luring people into a false sense of hope, and creating a sufficient following!

I feel as though I am in a relatively good head space, it fluctuates quite a bit some times from day to day, but for the most part it tends to stabilise and come good by the end of the day, and that's all I can really ask for, given it still isn't reliable in its consistency, for the most part I can usually draw on it when I need it, and I can at least get a few hours productivity out of it a day!

I'm not consuming anywhere near the amount of food that I used to, and spiritually I feel much better off for it, I truly do, I graze during the day, and generally only eat 2 meals a day, I just simply don't desire anything more than this, I truly don't!

My eyes actually feel weird again, I had the same sensation when I was first starting on my medication, and now the same thing coming out the other end!

This waitress is incredibly cute she really is, she is quite adorable, I might actually ask her out, I'm just aware of being sensitive to not making her feel uncomfortable...

I saw an interesting thing this morning, it triggered off an entire suite of thought process, what had this man left in that bag, was it really as it seemed, or something else entirely, the fact that I had witnessed it was enough, the fact that I chose to check the contents, well that probably wasn't a wise move,

however I did leave the bag there, however I did also potentially see the person who was there to pick it up...

Who knows what was in it, I don't think all appeared as it seemed, although to be honest it probably was best that I left it there, you just really don't know what your potentially getting yourself into in those types of situations, you really don't!

I am already finding myself at this point of hyper-vigilance as it is, my mind is already running through all the possible scenarios, what might happen if I return there, is it safe to continue to stay there, will they come for me tonight...

I mean I doubt it, I haven't disrupted anything, they wouldn't have seen me, even if they did, I'm certainly not going to live a life in fear, not anymore, I simply refuse, I can't allow this to turn into another episode, I simply can't!

I am however brought to question my existence once again, my path, what am I doing here, is it not potentially time for me to move on, after this experience I am left to question, this and more...

So going back a step, lets look at what just happened, yes, somewhat odd, I do think yes it is quite unusual for someone to dispose of a bag in the way that he did, and I do question what was inside that box...

I am also of the adage, that there be no place to drive a spear, if in my mind there exists no such vacancy...I must simply calm my mind, for I truly cannot allow something of this nature to interfere with my thought process right now.

As for the peak of my clarity, this seems to be tapering off, I seem to have found a place of equilibrium and stability, a place of calm, for now I am truly at peace, and I am in a place where I feel as though I can truly perceive things for what they truly are!

I will from this point forward, remain calm and collected, for my mind is here to serve me and me alone, I will simply not allow it to run away with thoughts that cause me discomfort and distress, it quite simply isn't worth it, not only is it not conducive to a healthy state of mind, it is simply not sustainable!

At my peak, during the times in which my mind was its strongest, I was able to endure such threats to my well being, they would simply roll off me, they barely even touched the sides!

I need to explore these tapes, I really do, I need to really push the boundaries and limits of this perceived reality, I really do, for I definitely think that there is more to this than meets the eye!

I am truly left feeling that I don't hold a huge amount of confidence in human nature and its potential to pull through this, I truly don't I just don't see the human race pulling together to resolve its outstanding debt to this planet, I truly don't.

I think people will just keep consuming, as they do with absolutely no consideration for the ramifications of their actions, they of course will be the first ones to complain when it all falls to shit!

One must realise, that ones mind is there to serve, and that unfortunately most of society now resides in a state of mass hypnosis, conditioned into believing in an entirely different reality, one that is in fact so disconnected from the truth, that it has convinced them to live a life that goes completely against even their own well being.

There exists this systemic contradiction of core preservation and beliefs, so much so, that anyone observing this from another planet, would have a considerably difficult time comprehending this disparity, they would struggle to align the current behaviour of this species with that of even the most simplest of logic, for how can not only a collective behave in such a way, but as individuals, outside of the construct, not come to the realisation that something is fundamentally wrong!

There is something seriously fundamentally wrong here, there truly is, people are not only climbing over there fellow human in a desperate attempt to surpass them, but in doing so, unknowingly suppress the evolution and progress of their brothers and sisters in the process!

In reflection I am really truly at peace when I am observing it all from a distance, I find supermarkets and shopping centres quite disturbing, almost to the point of traumatic, I guess I am not only visually aware of the true nature and demise of this civilisation in these environments, but I can literally feel it.

Part of me does think, that maybe I put too much faith in humanity, I am of the belief that if given the tools and the capacity to not only help them selves, but the broader community and the planet as a whole, that they would happily take to the tools so to speak...But now I am seriously left to question as to whether they are have been so content with their enslavement, so complacent and even oblivious to their programming, that not only will they not adopt the use of such tools, but in fact see them as a threat to their very existence...

It is only in the reality of my dreams that I am granted the relief from the constraints and anxiety associated with this construct, this existence, it is only in my dreams to I get to explore other potential realities, and do so uninhibited...

So one must ask the question, what are the real restricting factors here, how is it that we can't simply not only explore such alternative paths, but why can't we in fact manifest them at will???

I believe there was actually a time that we could, I believe this is what the indigenous refer to as the dream time...I think the true sadness that exists within this culture, is the eradication of not only their people, but their ability to manifest their own realities.

This would truly explain their lack of ambition in terms of development of any forms of technologies associated with other civilisations, and the fact that they kept everything to a bare minimum, they saw no need to extend beyond their own capacity nor their own existence, for this went against their spirit, such progression would actually be detrimental to their spiritual evolution, they foresaw the almost cancerous attributes and qualities associated with this style of evolution!

Yet present day, they are ridiculed for this lack of ambition, their rejection of this capitalist construct, and their failure to adopt our ways. I believe that given their tentative connection to their own minds and bodies, given their surrender to something greater, to this spirit world, they simply have not developed the strength in their own minds to cope with or adapt to this change, and merely existing in this construct is extremely traumatic for them!

I believe if one wants to best assist them to cope in this existence, they need simply take them back to their original place of origin, they need to remove them from the cities, and set up respite based constructs out in a rural setting, with a focus on independence, and building sustainable communities, in doing so, they could exist on a fraction of the energy and resources to which they currently rely on!

There is something to be learnt here, as a civilisation, as a society, and that is we really need to pull it back a notch if we are to survive, we really do, we need to severely and radically reduce our footprint, we need to stop existing beyond our means...but this is nothing new, this is nothing that has never been said before, however there has never really been significant motivation for us to do so, not only do we lack the motivation, but the desire.

Sadly we have also been conditioned to believe that our time here is finite, and we should not longer plan for the future, we are seeing people tap into their reserves, not only those of a financial nature, but also their physical, mental and spiritual reserves..!

The general populace has become so all consumed by their mobile devices, that they are completely ignoring the world around them, further to this, the

time lost to this interaction, the energy diversion, the degradation of independent thought as a result is devastating!

I really must explore these tapes, I think I'll do it tomorrow, I might spend the day on the beach listening to them...

I'm really not even going to remotely entertain any thoughts regarding what happened today, I'm really not, I'm just going to go about my normal routine.

I am finding that interestingly my clarity and gamut of thought process has improved considerably over the last few months, it really has been an interesting growth spurt, I think that it has potentially come about as a result of this exponential development of mind, I feel that especially as of recent, that I have really hit this point, whereby I am able to really build on all of this existing knowledge, insight and understanding and it is now at the stage where it is really feeding on itself in terms of growth, that the systemic amplification of the processing capacity has thus resulted in exponential yields.

I'm quite happy to be where I am right now, I am extremely great full, with each day that passes I seem to acquire more and more insight into the mind, I really do feel as though I am really gaining a considerable understanding of this mechanism.

Again, the mind is there to serve us, not the other way around, one must be extremely clear and succinct in terms of its input, and this is subsequently further built on over time, by adopting a clear and concise bond and relationship, as a programmer!

I will no longer be subservient to this mechanism, suffice to say this integration is now almost seem less, I have managed to assimilate the wants and desires of my mind, in order to dictate its trajectory!

The key is to, as with any change, be mindful of not being too radical in ones approach, its all about baby steps, its about making a series of smaller, almost seemingly insurmountable alterations to ones thought process, and at each point, one creates a junction, a point of reference an intersection.

This is what I can best describe as a node, and as in any network, it is a point of reference and also a point of inter-connectivity, in allocating these nodes, one allows a subsequent expansion and also deviation of the existing thought process, whilst also providing a point of redundancy, given that if the change is detrimental, then one can always revert back to the previous juncture, a restore point so to speak!

The further I go down this rabbit hole so to speak, the more I realise, that I am probably only one of a handful of people going this deep into their own

mind, most people seem somewhat reluctant to do so, be it out of fear, or just pure hesitation!

I think that most people generally fear change, they also fear asking the hard questions, of any form of self interrogation, I do wonder actually what the actual statistics on this might actually be!

Imagine programming an AI to regularly analyse and rationalise its own thoughts, beliefs and even its very core architecture, imagine creating a feedback loop whereby it not only performed this for its own processing, but subsequently subjected its self to scrutiny by other constructs and from that say a global cluster of potentially hundreds if not thousands of systems, all cross examining each other!

Imagine the power of this, if each AI had a different discipline, as well as its architecture, imagine for example an AI assigned to chess, entering into this level of interaction with an AI that specialised in automated trading systems, then conversely having a group discussion with those AI trained on weather prediction!

I personally know of the benefit associated with having such a diverse network of both social and professional connections, and the common ground that we are share is that we are mostly striving to make some sort of positive change, or positively influence or contribute to not just our chosen fields but humanity on the greater whole!

I do find that for the most part, most professions that require a conscience and have some sort of foundation in human sciences or science as a whole, seem to generally want to see positive change, and its actually more the minority that seem to want to use their chosen medium to either exploit or at the detriment of humanity...sadly it is the minority that seems to have the greater influence over our trajectory!

We as conscious beings have an obligation to not bring about any change that is contradiction to nor contravenes underlying protections and principles for that of our own safety and quality of life!

I feel as though I am truly at peace with myself, I am centred I am stable, I will not allow anyone nor anything to interfere with, nor even remotely detract from my purpose and my path, I will not accept such negative influences, for they have no place in my life!

I am on a path, and I will stay steadfast and true to that path, for I will no longer allow anyone to negatively impact on my mental health, or my well being, I have no place for such people, I truly don't!

I am choosing to value and respect not only my time, but myself, I really am, and although most of us believe we do, our actions don't reflect this, most of us aren't even aware that we are sabotaging our own progress, a large majority of those who do, do so purely and simply due to the fact that their own image of themselves, more often than not a by product of social interference and influence is so deeply ingrained into the subconscious, that they aren't consciously aware of their own deep seeded opinion and sense of self, let alone self esteem!

One only need to ask of themselves, what are the type of relationships I attract, what are the types of people I have in my life, am I one that feels as though they can't really ask to much of there own personal situation, let alone that of their friendships???

I just had to terminate my friendship with Elisabeth, in essence she was trying to project her expectations onto me, which wasn't the main problem, it was the fact that she was doing it in such a way that she was trying to make me feel guilty for minimal delays in communication with her, as a means of increasing her control over me, further to this trying to put me on the back foot.

I will not allow my self to be at the receiving end of such neurotic demands, I really won't, I simply wont stand for that, I also don't have the time for her emotional problems neither...

There are really two main types of people in this world, those that take responsibility for their own actions, but not only take responsibility but take ownership, and look to themselves when something goes wrong, and then there are those that blame people and situations, and they usually also tend to project and pass blame onto others, along with this type of profile, comes a personality type that will also look to find fault in others as apposed to themselves, they'll even go as far as to create or even fabricate scenarios and situations to feed this belief structure!

I have learnt to identify those which fit into the later category, they are usually very quick to try and form a bond, exchange numbers, as they are usually desperate, as they have either burnt through most, if not all of there previous connections, or have simply exhausted them!

They are also usually very good at singling out those who might be willing to listen to them, and do so unconditionally, they usually seek out someone who is kind, easy going, placid and who is least likely to ignore or turn them down, due to their compassionate nature. They will usually from the very early onset, paint a picture of someone who is struggling, who needs a break, and they will also usually very early on, even paint themselves as someone who is kind and caring, then they will use that as a means of connection...I can see that you are very kind and compassionate also.

Generally one should be very weary of anyone who feels compelled to advertise and promote themselves as being generous, compassionate, or even intelligent for that matter, because people who are truly of this nature, will generally keep such things to themselves, for they are also generally modest!

The personality of an individual is usually set in concrete by there mid to late 30's and it is extremely rare that this will ever change, short of there being some radical split in their personality, a crisis, mental breakdown or a complete psychotic break.

One of the interesting attributes, for want of a better word, of a personality, is its tenacity, its will to survive, and that it takes very little time to initiate or fabricate one, but one can spend an entire lifetime refining and reinforcing it!

I think society has some major fundamental concerns, I think as a collective we really need to look at how we all function as individuals, and as a cellular automaton of sorts, how do we function as a collective!

I can't believe someone hitting a ball with a stick and someone else attempting to catch it can draw the attention of millions, but mention world hunger and no ones listening...

I think that humanity has severely failed itself, it truly has!

Deadmau5 Subliminal! Music is everything!!!

I do seriously question the integrity of the average mind!

My head still hurts, and I think its going to for some time!

I am going to find out whats in that bag tonight, if its still there!

I see through people now, I don't just see into them, so far as I am even able to know their intentions before they are even aware of them, themselves!

People are really not that hard to predict, they really aren't, once you identify what they value, what they desire, it is quite simply a process of deduction from there, a/ To what extent, intensity, frequency are they pursuing it b/ Whats there underlying motivation right this minute c/ Does the environment cater for or can it provide this right now d/ Who are they associated with, who are they looking to provide this for them. e/ If there is no one else in their sights, and they are with you, then you are potentially it!

Now some desires and motivations can be quite harmless, as far as not all desires, or interests require a sacrifice or exploitation of ones energy, or at least not in a way that isn't mutual, most conversations for that matter are

usually motivated by someone simply seeking out an information exchange, usually in an attempt to gain something of value, that's not say that the knowledge they possess isn't also potentially of equal or even greater value to the other party.

Unfortunately a majority of conversation is either superficial in nature, or it is a means of promotion, being one person touting to or portraying to have something of value, in order to gain the interest of the audience, in the form of attention, or in courtship, seeking to impress a potential mate. Sadly in a majority of cases when there is a group or collective, you will inevitably have egos and competition, not to say this isn't healthy and can actually bring out the best in a conversation, due to the challenges associated, however often is the case that the alpha of the group will seek out to devalue, belittle or even outright suppress the opinions of others, and sadly does so to the detriment of a constructive conversation and intellectual and even spiritual evolution of the collective!

It's something that I found incredibly disappointing about my experience with the Sceptics, and no that's not a typo, they were toxic, they were so stubborn in their own beliefs, whilst seemingly confident in their knowledge, whilst being so determined to suppress the opinions of others, which could only be described as extreme insecurity, for deep down, they didn't truly believe what they were saying, sure they had conditioned themselves into this verbatim vomit, through their own conditioning, but it was nothing more than this, it had no real value, it lacked any substance or integrity, and it was an insult to think that it even tried to pass itself off as any sort of even remotely palatable content, the fact that it tried to pass itself off as having any foundation in reality, was bordering on revolting!

They had clearly sold out to the pharmaceutical companies, well at least their leader had, they were so biased in favour of this institution, despite clear evidence surrounding adverse reactions and deaths, they would simply claim "oh that information is inaccurate"...

I attempted to post extremely valid and industry recognised sources and peer review papers, data, and supporting documents, yet they were so set on their opinion and their voice, that they would not only refuse to post any content of this nature, but they would systematically remove any comments that apposed their perspective or even remotely challenged it...Sadly this was the case for every single social media site, without exception!

This is one of the major factors limiting our evolution as a species, that is ego, as long as we insist on suppressing the thoughts, ideas and opinions of others, for the sake of preserving our own image, then we will forever be limited in our progress!

For it is only on the path, that we choose to raise our fellow human and to walk beside one another, in this journey, that we will truly surpass that of previous generations, it is only when we truly unite, and come together, unconditionally with the common goal of improving the quality of life, for all, regardless of race, religion, no longer separated by class, nor education, it is then and only then that we will truly evolve in a way that raises all consciousness!

I decided today, that I am going to make the conscious decision to focus on myself, first and foremost, and any over spill from this will go back to serve my fellow human, by I can no longer afford to sacrifice my own well being for the sake of any type of altruistic venture, for I can no longer risk the depletion of my own personal resources, for the sake of others.

I believe that in this pursuit, if I am true to myself, this over spill, will be more than enough to at the very least negate my footprint on this planet!

I'm going to focus on lane ways, music production, I'm going to seriously shift the consciousness of this collective, I truly am, I'm going to refine my craft, and I'm going to put it out there, for the world to hear!

I love the idea of making a change with these projects, don't get me wrong, but they lack the hands on, the tangible, the tactile interaction that comes with any sort of creativity, I think with music, I can truly make a change!

I might even sell my street photography as well as a side hustle, but for the most part I ideally want focus on the music, of course to some extent this is going to come down to how effectively I can work on the road, especially in the absence of the motor home!

I can only give it a try, and just see where it goes, if at the very least I will be able to create some great music, and in turn bring some joy to others, for this brain needs a break, it needs some time out, it needs time out to create, and explore!

I have always been haunted by depression, I am wondering when it might return, although have I found the secret, with this combination of elixirs, can I potentially subjugate it all together???

I have a feeling that this move to the tropics has probably contributed to my mental health substantially, I truly do I feel complete here, I feel generally really good, I also attribute this to routine, I truly do, for it is in the act of repetition, that one establishes a level of not only consistency, but almost a level of trust, reassurance, knowing that there is something there that one can rely on, and more importantly depend on. When it comes to maintaining a balance and equilibrium, if one can maintain a routine that comprises of a good balance of things that challenge the mind, a sense of work and

accomplishment, and that of purely indulgent leisure, then they are truly on their way to living a wholesome existence!

I am left to question the spiritual evolution, of the likes of influencers, and those engaged in these marketing, profit orientated commercial ventures, any sort of selfish pursuit of this nature really, especially with those that don't contribute content of any real value to the world, I just don't see there being sufficient enough diversity in their daily routine to warrant any type of real existence!

Even though today I oscillated considerably between feeling the need to engage in some sort of work based practice and my creative practice, I came to settle on the importance of taking this time to allow my mind the freedom to explore thoughts that would usually in the evening manifest into something constructive in nature, and more importantly not feel guilty about it!

I believe the key to an existence of any real substance and worth, really comes down to integrity, and it applies on all levels, even if you don't know what you want to do, even if its procrastinating, then be the best procrastinator you can...even try putting off procrastinating!

I think at the core of all evolution is the art of critique, for if one is able to constructively critique even their own behaviour, then one in theory holds the key to any progress, for in the art of analysing one can evolve well beyond that of even their own perceived limits, for in the process of this internal review, one can almost develop beyond that of the norm, for deep within oneself, lays all the answers!

Peter Gabriel, Sledge hammer

As each day passes I am managing to calm my mind more and more, I am learning to adapt, more and more I am learning to simply go with what is thrown at me, to be flexible and not be so thrown off by glitches in the Matrix so to speak.

Today I was again given contradictory information regarding potential incarceration, interesting, again from someone who only has half the picture, I am choosing to disregard this recent feedback and to go with what Will originally instructed me, as I feel he had far more of an insight than the current solicitor.

A new addition though, is that it was put to me that I should consider going to the district court and employing the services of a barrister, for they would be more well equipped to deal with the case!

One does have to ask the question though, is this firm not simply trying to milk it for as much as they can, they see an opportunity, why not! I was

instructed of the obvious pros and cons associated with a jury, of which I will need to do a little more research into before committing!

This world cannot sustain this level of abundance, it really can't, I look at these people around me, I look at the amount of consumption, it really is quite appalling, I don't think this race really stands a chance!

I must remain calm, no matter what, even worst case scenario, isn't a worse case scenario, it really isn't and I am simply not going to allow them to plant that seed, I am really not, I have allowed this situation to already gravely negatively impact my life, beyond that to which it should ever have been allowed!

I was freaking out a little this morning, trying to find a seat to sit at, at the cafe, I shouldn't really allow this to effect me but I did, I was especially disturbed by the fact that my laptop had lost all of its charge over night, this was particularly upsetting!

Had a rather long chat with Holly last night, it went through to the early morning, it ended up getting a little raunchy, watching her insert sex toys, that was interesting, it would appear that she has feelings for me, I had a feeling towards the end of the conversation this is where it might be heading.

I have always admired her, but not on that level, I admired her courage, and her raw honesty, her transparency, but last night I lost sight of my purpose, I'm there to help, not to get involved, and I really shouldn't have gone there, in saying that though, its not as though this was a formal patient therapist relationship!

I didn't expect to connect with her so intensely, it was interesting that we had gone from never chatting to having over a 4hr conversation on video, it was interesting that for someone so shy, she chose that medium, although in saying this it did take a little while, I guess she needed to feel that connection!

Its a strange connection, via this medium, it truly is but it was a nice distraction, not to reduce it down to that, she is quite adorable, shes been through a lot, but she keeps picking herself back up, and you have to admire that in a person, you really do!

I'm not sure if we would have enough to warrant a relationship, but we certainly have enough for a nice connection, I was quite open with her, regarding the difficulty for me in getting involved with anyone on a full-time basis, and how I literally can't give that of myself at the moment!

I am choosing to remain centred, as for my overall mental health, its doing quite well, I really feel quite balanced, I wish I could alleviate the intensity of the mini episodes, they are a little much at times!

I am still uncertain as to whether I will enrol or not, I am leaning towards, not, I just don't feel as though this institution has what I need at the end of the day, I was particularly disappointed to find out that Sam didn't inform me of the 3day session matching investors to concept creators had taken place, that was somewhat disappointing!

I really don't think I will find the support I am looking for there after all, I truly don't, I am simply going to have to go it alone, I really am, I think that I am going to have to go back to trading and getting this algorithm finalised...I just don't see it ever happening to be honest, there are so many incompetent coders out there...

I am having a little bit of difficulty with the intensity and the contrast levels at the moment, I really don't need to see the world in this much detail, I really don't, its quite unattractive at this resolution!

I guess anything dialed up to this level is going to start to show imperfections and flaws, its the nature of reality I guess, I think that's why I prefer nature to a considerable extent!

I just had a chat to the Triage team at Northern suburbs medical centre, I let them know that Geraltt really needs some sort of intervention right now, and how that in the past, he has had issues with not sleeping, eating, or even hydrating himself, and this was of additional concern.

They can't do anything unless he is of a potential threat to himself or others, fuck his well being, and the fact that he has been in a full blown psychosis for more than 6 months, that doesn't count apparently...

I came back just in time, security was walking off with my laptop and bag, the cafe claimed that I had left it for 45minutes, I think that was a bit of an exaggeration, I guess they needed to justify moving me on..!

They were pretty nice about it though, its all good, in situations like this I just need to be able to get past the immediate and focus on the actual reality, I can't allow myself to get freaked out by situations like this too much, there is no deeper conspiracy, no underlying motive!

Am I potentially truly losing time at the moment, I have to beg the question, was I really wandering around for that long...in the grand scheme of things, I don't think so, I back tracked in my mind, it would have maybe been around 25 minutes at the most...

I feel a little awkward about being here now, I really do, I don't think the staff really care though, and I am probably making more out of it in my mind that they are in terms of their thoughts about the subject!

I just need to relax, and not allow the surrounding stimulus effect me too much, I need to remain calm, and simply be, I really do, I know I am capable of it, its just a matter of finding that place in my mind, in my body, and remaining centred!

I am finding that there definitely is a direct link between anxiety/stress and psychosis, and its definitely more than just a tentative one! I think that if I can learn to focus more on the regulation of my central nervous system, then I should have greater control and be in a better position in terms of regulating these episodes!

I think I need to potentially look at increasing the dose of these herbal supplements, as I genuinely feel as though this can really help, I am going to look into additional suppliers, potentially one with an increased potency.

I'm calm again, I really need to ensure that I take these supplements as soon as I wake up, and definitely before I set off for the day!

I just rediscovered Macca powder...maan what a flashback, I remember how much of a stimulant it was during my first admission....what a fucking mind blow, it was like crack cocaine, or at least what I would imagine crack cocaine to be like, and my mum brought it in, I had this whole narrative around the fact that one of the patients here had requested that she put 25,000 worth of amphetamine in it, her life savings basically, and that when she brought it in for me the plan was to take it from my room...in consuming it I had uncovered its true contents...

What's interesting is how way back then, I knew the significance of that money, I knew its potential purpose, even if it wasn't consciously, I was somehow aware of my direction...One must ask the question, in this state, can one potentially connect with and have insight into future timelines???

I learning to become more in tune with my potential time lines, with each day that passes, however I am trying to not allow it to cripple my decision making process, for this is no real ideal outcome here, there is no ideal trajectory, for each path has its own set of lessons, and what at the time might seem like a poor decision, it could inevitably lead to a much better outcome in the long run!

Determinism and trajectories are not really that easy to quantify in terms of their true value, for given that the "value" in itself is subjective, and highly personal, and that the pure definition of value itself opens itself to considerable critique, for what might be deemed valuable to one, could be completely worthless to another, there is also the aspect of time, an example of such an instance would be gifting a 12year old with all of the insight,

wisdom and knowledge required to be the best CEO imaginable, yet granted no ones going to employ a 12yr old for that role!

It also comes down to cultural values and demographics, for a Tibetan monastery will grant that same individual an equivalent or greater responsibility, if they show the aptitude!

Heart rate is sitting at about 95bpm, a little higher than the norm, I think that I should be able to ride it out easily enough though! I'm really just going to have to take control of this anxiety, I really am, I'm just going to have to calm my mind, I simply cant afford to be burning through serotonin and dopamine at these rates, I really can't!

At least I no longer feel the uneasiness on a physical and biological level, I feel as though this sensation has almost completely subsided, I honestly didn't expect it to take this long though, I truly didn't!

I am going to go really deep into my own mind here, I am going to really ask some hard questions, am I really ready to move forward, am I prepared, can I do what is needed to not only move beyond these past experiences, but evolve beyond it and push forward???

Am I not only willing but able to move forward, more importantly allow myself to move forward!

Whats particularly interesting about my time in hospital, was that there was so much going on, there was the reality of the actual events taking place around me, the interactions and the conversations, then there was the perception of that reality, and more often than not, they were on completely different tangents, despite their relationship....

So be it sometimes this connection was tentative at best, almost holding on by a thread, it was not uncommon for this to occur, for I found myself often focussing on the projected, possible or potential timelines associated with my interactions.

There was just so much happening, there were so many sects at play, there were criminals, psychics, geniuses, and then were the agents, both active, those coming in for repair, and even some were in for a complete reset...

Poor old Valerie fitted into this category, she had gone too far down the rabbit hole, wow, what a brain, I had never seen anything like it...but it had all gotten too much for her, this fear, the paranoia, although set in reality, she wasn't fair too well, she'd clearly seen too much...she was beyond divergent, she was an absolute genius, I'm not sure what she was working on prior to all this, but she had an insight into the human mind that was unsurpassed...She was the

one that taught me about formatting and operating systems for the mind, she was running one of the very first versions of Windows...

She would later go on to use find a words as a means of getting through to me, she certainly knew her stuff, the words would appear, mother, hospital high voltage...she was trying to plot with me to escape, she was convinced that if we got the arsensist to light a fire in a particular part of the hospital we could pull it off...

She was aware of her demise, we would go on to have an extremely deep and emotional discussion, she would go on to tell me how it was her last hurrah, how they were planning some deeply invasive and irreversible procedure and that was it for her, she started to cry...meanwhile trying to help me to figure it all out...

I would later cross paths with her, some months later, she had this glazed look in her eyes, she didn't even recognise me...she had been completely reset!

Gerallt, on the other hand, he had seemingly gone rogue, we would have some very interesting discussions, he was well versed in what seemed to be some sort of linguistic nuero hacking, it was n intersting technique, it utulised running this subliminal dialogue within the active conversation, it would also utulise gaps, absenses, and it was almost as much about what wasn't said...I came to the recent conclusion that somewhat similar to binaural beats it uses the brain to create the missing frequency, in this case, by having the mind manifest the suggestion as apposed to making it, the seed was not only propogated by the mind, but in fact created by it...

He would go on to disclose how I was the last participant, it was the last bit of code that he was going to write, he had already previously indiciated that he felt a lot of guilt with what he had done and the work he had been involved with...

At a breif passing in the coridoor, he would also go on to confess, how they had been in my head, and it was a complete horror show, by they, I am assuming him and Gus...

Gus was clearly next level, he was building up voice libraries of the patients, whilst also running programs, he was using his headphones, he had David jacked in for nearly an entire day!

He had a serious laptop, he was up to something substantial, he tried getting Gerallt on board at one point, when questioned, Gerallt would go on to say it was something about an accomodation booking service, and I remember, AIRBNB would go on to be launched in the coming weeks...

One could really facilitate for quite a bit if they had an orchestrated program on this level, for you would also know which buildings were vacant, in addition to a whole host of activities with that type of infrastructure!

We would have a brief conversation surrounding his work, I recall stopping him in the corridor one day, I would basically go on to inform him that I was aware of his work, I admired its subtle and subliminal nature, I told him that I admired it, I didn't necessarily approve of it though...His response was somewhat interesting, he would go on to say that he was surprised, that most people didn't notice, there was an interesting level of acknowledgement and admiration for one another...

I would later on discover that he was not only programming the patients, but the staff, there was a change of the guard, and he had a part of it, I got the sense that if there was even the remotest opportunity available, he was there waiting in the wings...

I believe he had also hacked his way into the system, he needed the patient records, from what I could ascertain he was part of some sort of cloning program/identity theft...I believe he was working for both sides, he had this gift, he had managed to transcend the usual demographic restrictions with his socialising...

I would later go on to realise that they had an interesting way of pairing people up in the shared rooms, and they certainly had a grading system, it would seem that the most extreme of the agents, the hitmen, the hackers were all at the far end of the building, they even had their own ensembles...

This entire place was so fucking surreal, there were so many layers, there was so much happening at once, it was certainly a thriving hub to say the least, and even though it would seem that I had the attention of quite a few people there, most certainly the hit men, and with all the tension and uncertainty surrounding my safety, I still managed to stay calm amongst it all!

Unbeknown to me, at the time, I seemed to possess some sort of radar for identifying agents, the boss would quietly observe and quickly signal the others, I certainly had a few sets of eyes on me at any one time...

The layout of these places ensures that it's quite difficult to evade observation, it's the intentional nature of the open plan, but it also makes it difficult to keep to yourself, unless of course you isolate yourself in your room...

This was such a hard call to make, the sanctuary and silence of being alone, versus that of not being at your post, as although I couldn't figure it out at the time, I knew my best chance of doing so and subsequently my best chance of survival was in acquiring as much information on everyone and every possible interaction that I could!

In hindsight making sense of a room full of psychiatric patients and their interactions would actually prove more difficult than I first anticipated, to say it was fraught with seemingly endless abstractions and unlimited possibilities, I would however get to the bottom of it!

Each day would be fraught with deciding where to sit, I feared that by merely agreeing to sit at someones table, that I had somehow formed an alliance with them...Although I had watched enough prison movies to realise that it was quite difficult to go it alone!

I was also I guess subconsciously aware of the fact that I had managed to succesfully drift around amongst the different sects, perhaps I could do the same here..

I also realised that if I was to get anywhere in a place like this, adaptation an improvisation was key, as was creating a smoke screen, I also needed decoys, although they would seem had already been appointed, however in this case there was no negating the harsh reality...that of my own identity!

As I sit here in this restaurant, I realise that these white buildings are sanctuaries, no wonder they are a little uncomfortable about me presence in certain establishments...

I realised really only recently why my mind had gone on such a bender, it was struggling to make sense of it all, it had decided in its disposed state, to attempt to not only dissect every decision, every action and and even every though associated with this entire process of decision making, in order to ensure it didn't make another critical mistake...

This entire obsession and occupation with this process, not only served as a distraction, but in a weird sort of way was the brains way for trying to develop the tools to ensure that it didn't happen again.

The interesting thing about all of this, that even in reflection, even with the clarity, I still will never really know for certain what percentage of what happened was somehow emplified or even entirely fabricated by my imagination and what parts of what happened were true, however in saying this, it only applies to the meaning to which I have chosen to associate to it, fortunately the integrity of the facts and the actual characteristics of the events names, places, conversations, all remain intact!

You know its interesting both of my closest friends have both made similar observations, they both believe that I have an amazing brain, and that I can see and figure things out on a level that as the Mechanic put it, some people train there entire lives to develop the kind of skills that I have and still don't even come close!

I do wonder, had my father intentionally programmed me for this...the countless nights of my mother talking to me in my sleep, she could have been programming me for anything...subconsciously had both of them unknowingly in there own unique, fucked up and completely dysfunctional way actually given me the tools needed to full fill this objective!

As to my intended purpose, I am still a little vague on this, I know I posses the capacity to almost do anything I set my mind to, it really comes down to I guess, where I set my limits, how high a bar to I set for myself, whats the end game here!

I can't believe that what is in effect a sleep aid, is actually serving the purpose of a nutropic...although I really shouldn't be considering that caffeine calms me!

I wonder where my mind might be in say a months time if I continue to use this stuff, for the clarity that is coming about as a result is quite profound...perhaps that's it, perhaps my mind is overclocked beyond its optimal range, subsequently actually leading to a diminished performance...

The fact that my heart rate is back at the nominal 65bpm with this, is interesting in itself, the good thing is that its not only cheap, but it has no known long-term side effects, and it certainly doesn't seem to impair my thought process nor ability to drive a heavy vehicle!

I think I might have found my new thing, I really do, it's interesting, its no wonder it never really worked as prescribed, well at least I know now its no longer a sleep aid, what is interesting is that it has been known to aid adhd, I must say my focus has certainly improved!

I do like this restaurant a lot, I just feel at peace here, its funny how certain places have that impact on me, although the dynamic completely changes as it starts to get busy, I need to come down here earlier from now on!

Its that constant struggle, to which I guess I will always face and that is that balance of just enough company versus too much, its that balance, and there are times in which isolation serves a higher almost spiritual function!

I am finally able to relax and more importantly process things at a rate at which its actually pleasant and easily digestible, in addition to the clarity there is the improved focus!

Its quite sad the level of male company the average female must accept here in Cairns, it truly is, most of these guys don't have the first fucking clue how to be a decent human being, let alone a decent man, these women were gorgeous, and this guys were total bogan morons!

I am truly in a place at the moment, of total calm, I truly am, I have managed to transcend all of my anxiety, my mind is truly at peace, I am able to simply be...I seem to teeter on being in a slight state of panic, unease and discontent at times, to being as I am now and that is completely at peace!

I sliced my finger open today, and rather than freak out about it, I immediately applied pressure and some tissue paper, then proceeded to get the superglue, it was a clean cut, a quick simple fix!

Its how we react to situations that define us, do we hesitate, do we overthink it, or do we simply tap into what we know, and more importantly draw on a quick and effective solution and simply find a resolve and move on...

In a crisis there is very little time for contemplation, for in a life or death situation its a luxury one cannot afford, if you manage to say sever a main artery, do you spend valuable time trying to find the best and most suitable means of tying it off, or due you go with something crude and effective and seek out a better alternative at a later point in time, well ideally you do the best you possibly can in the shortest amount of time, then immediately seek assistance!

Jesus, this girls so hot, she could give a corpse an erection!

Deadmau5 XYZ

When it really takes hold, I mean really takes hold, trance and electronica can really have a profound impact on ones mind, it truly can!

25 Jun: I find for some reason evenings work best for me with this type of music, its just something about it that's best suited to that time of day, I just really feel as though I am truly transcending, I have moved beyond that of the normal noise, the confusion, I am truly at peace!

I am not sure as to whether it was revisiting my time in hospital, whether this new perspective an insight managed to free me from the trauma, namely due to my previous associations, whether this new context, helped to some how relieve me of the guilt and the anguish associated with my time there...for I truly felt that I hadn't done enough to help those around me at the time, I felt as if I could have done more, however now in reflection, I realise I did the best that I could, especially given the state of mind I was in at the time, and it really wasn't my cross to bare!

I can still recall so vividly, my frantic efforts to try and figure out, how best to allocate my time, trying to figure out who was more in need, and more importantly who was potentially scheduled for ECT, for this was one thing that

truly and deeply effected me, it truly did, I couldn't believe it was still legal, what such a barbaric act...how can anyone with a conscience inflict this onto another human being!

They are trying to breed out the divergence from the general populace, I remember the conversation I had with Calum, here was a kid, wise beyond his years, he was all to sensitive to the pain an suffering of the world, this disparity, the imbalance, the injustices, he had such an insightful, almost doctorate level understanding of the workings of the system, however it was really causing him considerable grief, thoughts of self harm, drug use...

What was the institutions solution to this, it was not only to heavily medicate him, but to also administer shock therapy...no fucking surprise there, I wonder what there commission structure is for this treatment, I wonder if its on par with Herba life in terms of marketing!

The further I explore these herbal alternatives, the more I am convinced that they are the only real answer to this pandemic of mental health, for they actually eventually cure the illness as apposed to merely alleviating the symptoms..!

We really still do know very little about the human mind, we really do, to think that we have been on this planet as a species in our current upright cerebral format for more than 100 thousand years and we still haven't evolved beyond some basic primal traits handed down to us by our tree swinging ancestors...that's quite scary when you think about it from that perspective..!

At what stage are we going to decide to evolve beyond violence, hatred, aggression, greed, jealousy, the ego, the desire to suppress and also exploit the progress of our fellow human in the name of profit, when we decide to collaborate for the common good as apposed to that of a select few!

I just overheard this practitioner talking about mind traps...interesting, is this how they are subduing the schizophrenics, it kind of makes sense, what I think they gravely underestimated though was that someone with such a disposition and divergence is able to actually think their way out of such a trap, especially once one identifies the trap!

Sadly however a large percentage of society has been conditioned in such a way, that they are incapable of seeing outside the very box, to which their mind is contained...

I see through their construct, their methods and techniques, they have attempted to get the better of me, they have tried to suppress my mind, they really though they had a god chance of giving me a good dose of ECT, but this simply isn't going to happen...

They realise I am far to modus comprehendus to accept their authority, suffice to say they also realise that they don't stand a chance at getting any sort of community order to stick, they really don't...

No there will be no compulsory injection, no involuntary medication, no community intervention, they realise that I see through their little facade, in doing so I have disrupted their little program..!

I am so aware of every single element, every subtle nuance, I see straight through it, they don't stand a chance with this court case either, as much as they'd love for it to stick, its simply not going to, it really isn't!

The other real possibility is that there is someone outside of this simulation pulling the strings, trying to get me to opt out, they figure if they push me far enough, I might actually do it this time, I guess the real question is, what exists outside this reality, do I stand a much fairer chance of eliciting change in opting out, in shedding this vessel???

I often find that I need to move around, spaces that appeal to me in the past, don't necessarily appeal to me long term, I'm not sure why this is, its as though my mind grows bored of them, I also find that the energy changes for me at each location, and that something shifts or alters in relation to the space!

All academia aside, I find that what generally appeals to me most is my writing and drawing, and that this little world brings me comfort, it truly does, I truly feel at peace in my computer, and this has been the case for as long as I can remember, it truly has!

I am truly at peace once I have settled into a space, I really am, its as though nothing else matters, all larger worldly concerns simply dissolve, as does the noise, the anxiety, and the general feeling of unrest, it all simply falls away...

I'm really not sure where my mind will be at in say 6 months time, I really don't I wonder if I will still be engaging with this reality on this level, or will my interaction and perception have evolved further still, suffice to say, I am no longer choosing to concern myself with the potential outcomes, I am merely going to focus on the now, for only heartache comes from anticipating and trying to preempt future trajectories and timelines!

I need to just relax, to be at one with myself, to be settled in my own skin, to be content in my own presence, and to just breath, for it is in this state that one possesses the greatest clarity, for it is in this state that one proceed into the realm of ideas and invention, uninhibited!

There is not place for inabition in the grand scheme of things, one must have a mind that is free and unincumbered, and of equal importance, unrestricted,

for it must be free to explore ideas and the surrounding landscape that consist of free range thought process!

The precision required with trading can be so tight sometimes, the intensity, of knowing that although you might not have entered in at the ideal time, that you have to be patient, as it will come good, you just have to wait...the key is to average out your positions!

I am finding that I am able to finally trade with the level of clarity that I have been seeking out for some time, it has taken a while, but I am able to look at the environment with pure objectivity, which is not that easy to do, one systemically comes in with a preconceived bias or notion on the direction of the market, and this is often made all the more murkier by having positions open!

I am still in the game, only just, though, they liquidated 2 of the positions, I need to not overload the account so much, its simply too much...

More often than not you will get caught out when trying to run it too close to the wire, its the risk you take to make considerable profit, I still go way to hard...

Moby Ambient 23-6

Moby really has quite a spiritual approach to his ambient music, his synth work is quite surreal, I quite enjoy listening to it a lot, I truly do, it calms my soul. I have been following his work for around 20yrs now, it is always evolving, it never becomes stale!

This place is not the same, I feel incredibly unsettled here today, the boss is sooo fucking rude...I am just not feeling it, at all...

30 Jun: Finally I'm at peace, I just cant be around crowds and people today, I haven't felt at unease to this degree in some time, it was actually traumatic, it truly was, I was hoping to take my place in the corner and just relax...

I felt quite over sensitive yesterday also, the word was too bright, it was simply too much, the thoughts, it was all so prickly and negative, I think that the Valerian might begin to loose its effect over time...

Its almost as though I am experiencing the oversensitivity associated with a psychosis, but without the intense narrative, there is still this underlying narrative around avoiding infected people, that cafe was just full of them, they all looked disgusting...disturbed...they were all infected!

I'm not sure where I am at exactly with this...I came to the sad realisation that there are at least 100 retards to every smart person in society, and that's probably being generous!

I'm really not holding out a lot of hope for the advancement of civilisation on a hole, if this is the case, unless of course we adopt a stupidity tax...now there's a thought!

Getting back to the mind, I realise that irrespective of how finely tuned, or how well one manages to develop and discipline ones thoughts, I think that one still finds them selves vulnerable to difficult periods, and regardless of how well one manages to refine this tool, I think its just an inherent attribute of the human condition, and the nature of the fluctuation of these chemicals, I think also to some extent, it offers one a healthy contrast and keeps one humble, for it keeps them tethered to the reminder, the harsh reality of what can happen if one slips back into this mindset!

I think I really do need to start contacting certain groups, collectives, organisations, I might look into what Dubai has to offer, I might even apply for a residency of sorts, I would need to put together something quite compelling in terms of arguments, namely my intention, what I plan to bring to the table so to speak, what I propose to do...

Its going to need to be clear and concise, I will need to announce my capacity, yet also be humble, I would even potentially look at putting it forward to them in terms of opening a dialogue, knowing the right questions to ask, whilst also presenting my own discoveries and insight!

This new personality based emulation AI has me intrigued, it truly does, it would be interesting to explore its limitations, how true to form is it, so to speak, how close can it get...

How close are we, is it possible to develop a synthetic persona, could I bring back the likes of Yung, would it be possible to incorporate some of the best minds into one synthetic being, and at what point would it potentially become sentient...

I personally feel that we could potentially do a lot worse than letting AI run the show, we have really made a disaster of it so far, I am not at all that surprised, given how strongly greed influences peoples direction, how it can really shift ones values, I'd almost go as far as to classify greed as a form of mental illness..!

Where to from here, I guess is the real question...I must really seriously start to consider where I am going to base myself, the more I think of it, the more sense it makes to look at going overseas, especially if I can get some sort of residency...

I still do like the idea of the yacht, I do like the idea of being able to travel incognito, for there is definitely true freedom in that!

I'm not sure that there are many agents left that haven't jumped ship, I can't say I blame them, the government does very little to protect them...well bare minimum actually...I have spoken of this before, this is definitely intentional in order to aid the Cartel's..!

I feel really good, I have worked through the most of the discomfort with my head space, I feel at peace once again, I just have to remind myself that it all comes right in the end, it really does!

I need to just focus, just be, and it will all be fine, if I simply just let go of my expectations of future outcomes, and live in the moment, there can be no anxiety, for in the present there is only the now!

I am really enjoying these evenings, this routine of music production, and writing, its been great, it really has, its all about routine...

I'm not feeling particularly creative as far as music production goes, its fairly miserable today, I'm trying to not let that effect my mood, I am still suffering from an unnecessarily active mind, through to the early hours of the morning...

I think I need to be more disciplined at times like this, and maybe play some mind fullness or meditation based visuals or music, rather than getting caught up with back to back movies!

I must learn to maintain the control over my mind, I must transcend this "illness" I must move beyond it, I have already proven that I can push through such things, for the only real limiting factor is me!

It is a real catch 22, one opens up the mind, increases there awareness and the flip side to this is that one inherently becomes more sensitive to the world, everything is dialled up...to the point of almost being unbearable...its a real tough one...I wish I had the answers...

Most people really are quite clueless...

I recently applied to partake in a series of clinical trials...could be an interesting way to gain some insight into the research side of health, one particular study is going to pay me over 12k, for a few nights stay, that could be interesting...

It does mean going to Brisbane, but that's no big deal, I'll simply get the train down there, and simply train it back, it would only cost me around \$200 for a return trip, accommodation is provided for so that's a bonus!

Perhaps I could be a perpetual patient, going from one residency to the next, that could be a trippy way of living out an existence...I could only imagine the types of people I might meet...

At the end of the day, there is no really right or wrong way to go about living ones life, as long as you can manage to evolve both spiritually and mentally, most importantly if your growth doesn't come at the cost of others, that even if it does initially, that in the grand scheme of things it has a positive net sum, being your time here, your contribution at least offsets our impact on the planet, in terms of the resources required to sustain you!

I'm sitting here watching this highly physically disabled person in an electric mobility device, they can't move their arms, nor legs, they need someone to feed them...I need to remind myself of this, whenever I feel sorry for myself, depressed, or discontent with my life, I just need to think of this person...

I have a highly functional mind, I am reasonably fit and strong, I have all my faculties...

My mind is finally in a practical and usable range, it's not too hot and not too cold...

The most interesting and profound shift in my mental state, has got to be that of one of being able to clearly identify changes and alterations in my thought process, and to be able to do so, so clearly, with an objectivity that I didn't previously possess...this ability to observe my own thought process almost from a third person perspective, has been quite profound...

I still have the occasional slightly skewed narrative, but in saying that I am able to identify it and isolate it from my baseline belief structure, and thus clearly delineate it from my more rational thought process...In saying this, I still do listen to it, I still give it the time of day, I think it's important not to completely dismiss these observations, these thoughts, for they have a place, for in their abstraction, there contains a logic, a reasoning, that the logical mind, is simply not capable of!

I still can't help but question, the traditional insight on perception, particularly the values intrinsically imposed upon it by psychiatry, especially given the juxtaposition between these values and those held more more spiritual and esoteric based belief structures, if according to the Buddhists, we believe to be reality is merely an illusion, then would it not be more logical to follow the lead of someone deemed "insane" as opposed to the logic imposed on us by the current imperial framework..?

What if it is merely our inability to interpret or translate the "language" being the concepts, and ideals held by those suffering from a full blown

psychosis, what if it were intentionally encrypted to protect that domain, what if, just what if it had the capacity to unlock an entire universe of untapped insight and knowledge, what if what they were trying to communicate seemed absurd simply due to the fact that it might actually not even pertain to themselves, nor their own timeline for that matter, what if this were merely an abstract interpretation of things to come???

My mind was cast back to Jeremy, and how he had dedicated such a large part of his life to developing his own language...he showed me the scripture, it was like nothing I had ever seen, in saying that it did bare similar resemblance to the types of symbology that I had seen on UFO's in Sci-Fi movies...

How does the mind even conjure such a thing...

I remember how at a moment he was that I was his brother, so much so that he was moved to tears by us reuniting, I remember feeling so moved by this at the time, I didn't correct him, I consolidated with one of the nurses, saying I wasn't sure what to do, and had I done the right thing by playing along, they personally didn't see any harm in it...

Let's think about this phenomena of divergence, all the great visionaries and philosophers of the past all seemed to possess it, in various degrees, yet why is it that at the time it was more acceptable than it is now, well, I'm not sure if acceptable is the term I'm looking for, but doctors and physicians didn't go out of their way to suppress it back then as they do now...

I think that after the likes of Davinci, governments realised the threat of any one individual being able to tap into this collective consciousness, and that one could only imagine the potential damage that could arise if a sufficient enough collective went about uniting to promote change...

For these constructs would have one believe that you need to publish ideas for them to form part of this collective intelligence...but one merely only need think the idea...in saying this, if tuned into the right frequency, one cannot only transfer such knowledge seemingly through the ether, but one can also influence the minds of others in much the same way...for this was the way of the dark arts!

I realise to a considerable extent that I am alone in this world, for there are few that I can connect with on any real deep level, it's just the nature of this level of thought, I certainly find it hard to connect with anyone absent of such considerations and especially those who don't contemplate their existence to the extent that I do...

For the most part the general populace almost seems to stumble through life, bouncing off the virtual guard rails of existence, yet some people don't only manage to make it through like this, but some even seem to possess the innate

ability to miraculously convert acts of stupidity into something of a profitable currency...

I need to remind myself simply not to let the mood of others influence me, for that is their cross to bare, I really don't care for their troubles, and I certainly can't occupy my mind with such thoughts~

I am at peace again for the most part, although my brain is running a little hotter than it needs to, the heart rate is at about 92, it should be lower, although in the context of the social anxiety, it isn't completely unexpected.

I definitely should have gotten here at 4, but that's OK it is what it is, I will never truly understand why I choose to delay things sometimes, I just wasn't ready to leave at that time...

I was playing around with Dali E today, I ended up asking it to render me an image of Samuel Jackson L Jackson as an alien Chihuahua, I was quite impressed, I think this has a huge scope, if not at least for the entertainment value!

I am finding that my mind is a little distracted, I have lost that cohesiveness of thought that I initially possessed with the initial uptake of the Valerian, I think its originally potency must have worn off, I just hope that I can somehow regain it, I am going to have to look at potentially cycling other supplements as a means of maintaining this level of clarity!

As for my mind in general, I am finding that a few negatives are creeping in, and that I don't necessarily need them, for they are serving no real practical purpose at the moment!!

I am feeling that desire to meet someone, I don't think it was a bad move to blow off that potential meeting, I honestly don't have time for people that only wish to communicate via messenger, I mean really, what do they think they are going to do when it comes to meeting in person.

It was somewhat like that with Georgia, we got on great on msn back in the day, but when it came to hanging out in person, there simply wasn't the chemistry, I think partly due to her lack of personality in the flesh, it would explain why she never really went that far with her acting...

I am going to need to be quite particular from this point on with anyone that I let into my life, I really can't afford to get caught up in other peoples shit, I really can't I am either also going to block or mute those which offer no real value to my life, that includes Holly...

I am just really learning to take control of and direct my brain chemistry, it would seem that ones intention is everything, I think that's not only true of

ones mind set, but with ones overall direction in life, one has to be clear with their direction and focus, they really do!

This older Italian waitress is quite attractive, she has a beautiful nature and energy about her, she truly does, she has a beauty and depth about her person, that I haven't seen for some time!

There was a lady that had me confused for someone else today, she asked if I was Craig...isn't it interesting how someone can trigger off such a random memory like that, I had completely forgotten about that experience...I don't remember what was worse, was him betraying my trust that way that he did, or my later experience whereby I would entrust in a friend to tell him what had happened, only for him to find humour in it, and turn it into an amusing joke...

That's a tough thing to deal with in Secondary College, I remember Kylie pulling me aside, and offering me support during this time, it really meant a lot, she was a good egg!

We have these traumatic memories, we think that we have moved on, we think that we have move past it, until we realise, the entire time, it was there hibernating...

As we travel along this passage, the further down the road we get, we must do so with caution, as with this journey, we often find ourselves abandoning parts of ourselves, we leave them behind, instead of being at peace with the discomfort associated with the experience, we simply abandon it, like a whimpering puppy in the woods...

This puppy, inevitably becomes feral, and usually finds its way home...

I watched an interesting TV series called Maniac, it was quite interesting, almost profound in the way it addressed the psychological issues of the members of the study, it really did offer quite a unique insight and take on "mental illness"...

At this point in time, I am really hoping that I can help offer some valuable insight with this guide, I truly do, I hope its not too one eyed in its approach, I hope that the techniques can be adopted by a broad enough demographic to make a real change..!

Getting back to that core format, this habit of diverting away from the topic, is something that I need to really learn to address, in saying this, this would be disregarding the value of the dialogue and conversation surrounding this insight, in realising I have the gracious of editing I'm not too concerned!

A part of me knew that I shouldn't have crossed that line with Holly, in saying that it can't be taken back, it is what it is, and look hey, it was two consenting adults, merely connecting on another level, no one was hurt at the end of the day.

I think as with most things in life, if you can experience something with another and its not to the detriment of either parties, then there is no harm in it, there is no real right or wrong approach to transitions, if they were too text book, life would be rather boring!

When I think back to what happened with Craig, I think what upset me the most is how he used guilt and blackmail in order to continue to exploit myself into maintaining this level of engagement, and at the time it was quite taboo, but the reality was it was just two kids exploring each others bodies...

I found him on Facebook, interesting, I never did forget his name...

This is an interesting place this restaurant, its definitely a haven for agents, there is no doubt there...

I think in some ways I am far better off being alone, its far less complicated this way, it truly is, the last three attempts have all ended badly, I just really don't think its meant to be, at least not yet anyway..

In terms of breaking down the fundamental attributes of the mind, I would attempt to look at it as follows:

- a/ Conscious thought, that with intent,
- b/ Fleeting thoughts, partly comprised of noise
- c/ Unconscious thought
- d/ Intention
- e/ Routine
- f/ Contemplation, this can also incorporate a series of subroutines, such as guilt, remorse, regret, doubt, disbelief, the flip side being gratification, content, and reward.

During the course of a given day, we can often oscillate between these various modes, and the interconnectivity and relationship between the associated actions and process, the different modes, although be it at times quite abstract and even seemingly unrelated are always needless to say intrinsically connected, either directly or indirectly...

It is often in our failure to identify the influences on one another that we find ourselves at a loss in understanding why we might have chosen a certain course of action, or it can even be a poor connection between these domains, that can often lead to confusion, indecisiveness and even anxiety, and in a worst case scenario complete immobility!

Schizophrenia and schizoid personality disorder can all cause a considerable amount of confusion and noise to occur within these communication streams, needless to say noise in general within the individual domains...

I'm thinking of potentially writing a choose your own adventure series of books for mental illness, targeting kids, it could explore the ramifications of certain actions, causing them to question certain actions, reactions, the bigger picture in terms of the ramifications of their decisions, an example could be a kid lost in a big city and he needs to find his way home, but along the way he also has the option to forge relationships, acquire wisdom and knowledge and just have a fun adventure.

It would also be interesting to look at Autism, and various other "mental illnesses" but in particular I think it could be an interesting way of teaching kids and even potentially adults the values and ramifications associated with certain paths in life, it really has the scope to cover an entire gamut of content and topics, from drug addiction, to just general decision making.

Again it comes back down to potential trajectories, potential futures, outcomes, paths...

July 3rd, I am struggling a little today, my mind was showing symptoms of this random, dissosociation and disconnection from reality, thoughts, concepts, somewhat foreign to the normal thought process...as I awoke I could feel the onset of something all too familiar...

By the time I arrived at university I had an episode kick in, I started seeking out meaning, I found myself wandering through the medical division, then the smells, the surfaces, it felt like the hospital...my mind was now back in the ward...

I was looking for answers, although the halls were empty, I would eventually take the lift to the 2nd floor, where I would meet a lone receptionist, I could see her pain, her discomfort, she was isolated and going through her own stuff...perhaps that was it...was I drawn to her...when I'm on this wavelength, I tap into this, is that what this sensitivity brings about, is the mere confusion, and disorientation merely as a result of this struggle between the logical mind and the heart, the logic and the intuition, sometimes, more often than not pulling me in two different directions...

I mean, I went straight to her, from the other side of the university, what make it of these distress signals emitted by the body, was there a time that we could actually tune into these over vast distances???

Jesus, I am really tuning into a hole nother level, I truly am, with each step, with each stage in this evolution I find myself having to readjust, to

recompose, its really quite profound, it really is...I mean, I really don't know exactly what to do at this point in time, other than ensure that I allow myself the gratis of time to adjust at each stage, for if I don't I feel as though I could potentially loose my mind in the process...

I am at a loss to some extent, for did I intentional choose this path, or has some external guiding force led me to this point, more to the question did I enter into this whole journey, even down to the initial interaction with Ethan, knowing, on a subconscious level the ramifications of that path???

The other possibility is that he was intentionally placed there, my original suspicions were that the Mechanic had something to do with it, that would explain whilst during my time with him, my psychosis was feeding me these clues, not so subtle ones, meeting Ethan's father for one...

I think the entire thing was intentionally orchestrated by the Mechanic to break me...in order to discredit any potential future testimony against Ethan, because they needed him to stay clean...

I always wondered about Ethan's part in all of it, what side was he playing, or was he potentially playing both...the Mechanic was attemment that he was a ladder climber...the Mechanic never did answer my questions...

I think these cartels are dabbling in mind control techniques, I think they realise the scope of projects such as MK Ultra...its all coming back to me now, they were using the hospital to reprogram the agents, to repurpose them, that's why this place was so important, not only were they using it for the agents, but also the imformants and the deep under cover operatives...

I was of the original belief that each agent had a piece of the puzzle stored in their mind, as a means of organic redundancy, for they knew their would be a time that all of the systems would be compromised, that's why Geralt has lost the plot, I believe they were using certain divergents, schizoprenics and the like as memory banks...they could use the splintering of the mind that occurred during trauma to store information...although Geralt had originally taken to the programming, the onsuing episodes would break these bonds so to speak, this information was no longer safe, I witnessed this with Daniel, and his talk of the trillion dollar Hubble microscope...

They could also program these regions of the mind to perform tasks, that even completely went against the morals of the "patient" the CIA had already proven this in the late 60's not only did it go against their will, it was performed by another personality, thus was even unbeknown to the "patient". They tried this with Martin Bryant, but they got sloppy, they tried to use an existing fracture of the mind, it didn't take!

They know that I know, I don't really care to be honest, I don't fear them, for I refuse to allow them to use their own tools against me...I will evolve my mind far beyond that in which they will even remotely deem usable, I will not be controlled or manipulated by them, I really wont!

I have enough in this mind to completely collapse this little construct of theirs, as for the supposed delineation between the law and the criminal elements, there has and there never will been one!

See heres the thing, my mind realised very early on as a child, that if it were to survive this world, it would have develop a unique logic and evaluation system for all incoming information, it would have to do it post haste, it would need to be able to not only make the direct connections an disassociation between things, but also interpret and understand the abstract ones also!

It would also need to do this with very little to no external guidance, unassisted, and it would need to employ an almost infallible means of error checking, it would need to be able to also find and track down any potential fault with the system and remedy it, in order not to corrupt the data stream, for integrity was key here.

I ended up playing mental chess with the best of them...he really knew how to fuck with an manipulate the mind, one begs the question who was he really bestowed to...or at the end of the day was it all about him...this gambling addiction, this cancer, had grown inside him to the point where it had completely corrupted his logic, his reasoning, even his sense of humanity...

I think what really did his head in was how I was able to survive his manipulation, not only survive it, but I was able to employ techniques of my own...I knew that leaving him waiting 10 to 15minutes for me in the car would do his head in more than the hours he would have us wait for him...

Who does that with a conscious, leaves their kids in a dark blue vehicle in direct sunlight, in 47 degree heat, with no air con, no fan for sometimes hours at a time, I remember there were times that we went without food and water for hours...

I really was being set-up psychologically to deal with almost any level of torment at that point, I really was, it would explain why as an adult it didn't phase me to spend a day in the desert all day with no provisions...

This guy was either Asio, or an informant of some description, he was certainly greedy enough to play both sides, I really do hope that he is in a hole somewhere...

My mother, completely oblivious to all of this, she never stood up to him, she never removed us from this situation...

Parents have such a huge responsibility, those that enter into this commitment lightly, thinking that it doesn't take a lot of work and dedication are either deluded, irresponsible or both, if you don't think your up to the task, then either get an abortion or adopt!

One must work their way through pain and trauma, for they need to also ensure that they put things in perspective, and try to be as efficient as possible with the time and energy allocated to this, for being upset and angered by it, is really only going to feed this dynamic, one must try to be as positive and as constructive as possible, whilst also being realistic about their expectations...

It's going to take time, however the sooner you can learn to move forward, put it in context and move on the better, you must learn to find a way to convert what has happened into something productive as apposed to something destructive...

An example of this would be to take an attribute, or attribute of your personality, logic, or demena that has come about as a result of this, and find a way to capatalise on it, yes that's right you can almost convert it into a form of currency, not necessarily that of a financial nature, but one of a base value that you can potentially exchange for something of use.

Most parents and most people for that matter usually filter their achievements through somewhat of a deluded lens, most people are not only ignorant, but even completely blind to their own failures and short comings, again it comes back to that basic mod-us operand-us of the minds primary purpose to protect itself, and it cannot do this in the light of ridicule!

Sadly more often than not, a partner will often simply either turn a blind or or simply side with the other, as its simply the path of least resistance, the other extreme of this is being overly critical as a means of reprimanding or gaining influence, leverage or control over the other, which is equally as destructive, so far as out right toxic.

Needless to say children quickly learn how to exploit any dynamic in which they can simply manipulate either or both parties, or make us of this vulnerability and indifference to get their own way, this does not set up a healthy mind-set for that child!

When it comes to easy gains, its quite sad and disheartening witnessing this in young children, it doesn't exactly instil ones faith in humanity, and it certainly one of its more uglier sides!

I think in reality I still hold some anger towards my father, its hard not to really, it all came flooding back when I contacted Chris today and he informed

me that he is still in communication with my father and had actually spoken to him a couple of days ago...

I think that Chris is totally aware of what he did, yet he still chooses to remain friends with him...interesting...I guess beggars cant be choosers...

I need to ensure that I don't get drawn into this, not now, I can't really afford to send my mind there at the moment, because I know, if I really set my mind to it I can make things right...

I can only best describe these episodes as some type of potential blockage, I'm of the belief that its the mind trying to get past certain congestion's, these are previous intersections, points, or junctions that were previously unresolved conflicts of sorts. When one experiences psychosis it is a means of the brain, both a trying to provide an alternative reality, what I believe is a form of distraction in order to attempt to resolve or figure out what has happened in the previous, reality, for which it has had to simply forgo, out of both difficulty in finding a resolve and also as a means of self preservation...

This means of multitasking is quite intriguing, I find it interesting how the brain can seemingly reroute the calls from the previous reality, and either send them to voicemail, or choose simply not to pick up the phone...whilst still accepting calls to its new one!

Interestingly, but of no real surprise the profession still truly doesn't understand psychosis, I think simply because they haven't taken much effort in documenting the experiences in those who have suffered or are suffering from it...

I think there is a lot of knowledge to be gleamed from this condition, I think that we actually do it somewhat of an injustice by medicating it, I don't think this means of chemical suppression is the answer, I believe that if people are allowed to explore it and can learn to tame and redirect it themselves, there is more to be gained, from befriending this "illness" as apposed to making it an enemy, as with any treatment of any illness, its natural reaction to eradication is to fight back!

I know speaking from my own personal experience, I tried fighting the treatment to the death, I had actually grown to know and trust this so called "illness" and intrusion on my thought processes, for it had granted my this raw, unfiltered insight into my environment and those in it!

I see psychosis as a bridge between worlds, not only that of the conscious and subconscious minds but that of realities and timelines, for it grants us the unadulterated access to realities to which we have conditioned ourselves to ignore...

What if, just what if, these drawings are actually keys, what if they allow me to unlock certain pathways, after all if in fact they are records of this subconscious process, then do they not indeed contain within them potentially valuable information, could they actually be a decoder wheel of sorts???

I do wonder, of the power play that was occurring in the hospital, where was Africa in all of this, we had China, India, even the Germans had their fingers in there, of course there was our own interaction in all of this, but I do believe that we for the most part had outsourced the majority of it, if at the very least in an attempt to avoid liability...

Every time I have a mini episode I believe it opens up new neural pathways, even entire regions of the brain, and its with this elastic type vibration within the brain, that I am able to travel in and out of these optimum ranges, see that's the key...

You don't want to overstay your welcome in terms of any mind enhancing or altering practices, you almost want to be a ghost, drift in and out, almost undetected, be the eternal guest, otherwise your going to end up being bound to this domain, a permanent tenant, and there is no where near as much to be gained, actually quite the contrary, it becomes the norm, you become complacent and even apathetic, with this inevitably comes atrophy, much like a muscle, you are no longer flexing this muscle between support and resistance, you have become stagnate!

What if this narrative was indeed an actual reality, what if my presence in these locations was somehow exposing them, what if I was actually drawing unnessecary attention to these environmnets, or what if this contract was still in play, what if I was actually indebting this locations to this evil...

What if this underlaying narrative was actual the reality of all energy echanges, the ancients used to believe heavily in alliances, family ties, heratic, certain types were simply not permitted to go into certain regions, let alone certain walls...

Our very own indiginous culture believed that you had to wait to be invited into a community, that one could not simply walk in, this was something that I learnt very quickly, I would often find myself sitting on the outers of these communities, however I didn't with Binjari, but it was strangely accepted, not only accepted, but I was embraced there...

I do question my time there though, I am not sure whether I was the right person for the job, but in saying that, no one else wanted to do it, this was also the case with Batchelor...

What this little ladder climber doesn't realise is that the contract between him and I is null and void, he has nothing, see I think the Mechanic stood to gain from this significantly if he pulled it off, because he had also attempted to indebted me to him, there were all this little invisible contracts at play...

You see he tried to create an artificial or synthetic debt contract between us, hoping that no one would notice, but he was poorly mistaken, for it would reveal itself in the energy signature..!

I wonder how they managed to maintain this hold on Queensland they way that they have...maybe that's it, its all in the name, perhaps this is the last remaining bastion, it would explain the corruption, it really would!

I was told to come here, sit down and wait, so I did, and withing less than 10 minutes she appeared, that was quite profound, it was clearly meant to be, and I was merely in a holding pattern waiting for her...

If anything, if it all lead to this, then that would not be a bad thing...

She is quite pleasant, she certainly seems nice enough, she has a reasonable insight into her area, she certainly seems to have a genuine passion for it, still a little lost herself though, she also has some past stuff that she needs to let go of...

Anthony was trying desperately to shift my mind, he was intentionally set about trying to get a response from me, I mean who laughs uncontrollably at someones demise, I mean really, someone with absolutely no consideration or empathy...that's who...what an ass hole...

I can't help but question his motivation regarding his trip up here, especially when he had the option to continue on to a really amazing location, but instead has chosen to simply head back...What was his real reason for being here, I mean truly...

I think that he is the lone spy...

I let Paula know exactly where I stand in terms of why I chose to stay in contact with her, I don't see the point in pulling any punches, I think one should be transparent, with their intent, with how they feel, I think this is at the very core of any real relationship!
I'm listening to some pretty cool psytrance atm...

Atlantis, Alex Breitling

Nothing really phases me at this point in time, I am truly at peace with myself, with the universe, sounds a little cliché, I know, but it has definitely come about as a result of yesterdays episodes!

I am not sure where things might go with Paula, I'm going to try to not have any expectations with this one, I am simply going to let it evolve, I need to be chilled on this one, in saying that, they communication is definitely there, she reciprocates, and responds quite promptly!

I have lost some of the insight that I had, I am a little out of the groove so to speak today...

The day has gone so fast today, it truly has, I feel as though I am in some sort of vortex, I need to find my way, I need to come back to centre, so be it given its mainly a lack of focus atm.

I am just not feeling the compulsive need to journal today, I'm really not, I guess I am a little tired, didn't sleep particularly well last night, having to wake up earlier than usual didn't help either...

There is definitely something about Paula, although I don't feel particularly connected to her from an energy or even spiritual perspective, there is something other there, as to what that might become is hard to say, perhaps it doesn't really amount to much, perhaps it only has a short life span...

She has an underlying frustration though, even go as far to say a darkness, definitely something unresolved, I'm of two minds in terms of investing too much energy or time, as it could be fraught with heartache...

In saying that I also need to ensure that I give it a fair chance, and that's a hard one sometimes, the vulnerability of letting someone in, versus that of going it alone, its a tough one, in a lot of ways its far less complicated just to stay on my current trajectory, but there is also a part of me that would like the company of another!

In reflection I think that the intensity that I was running my mind yesterday, simply cannot be sustained, I must also be mindful of the attrition associated with running my mind that hot!

I need to be mindful of the more longer term sustainability with what I am doing, I really do, I need to be careful, its a double edged sword, one can be more productive, and can certainly run the mind into a realm and a level of operation, beyond the normal operating range...

I'm still in a good place at the moment though, and that's the most important thing at this point in time, it really is, I need to stay focused, I really do feel as

though I can make some serious progress if I just stay focused! It really comes down to consistency at the end of the day...

Its simply a matter of routine, of chipping away, a little bit everyday, its the small gains, it truly is, its also the evolution that comes about as a result of that consistency, that constant focus, not to say that one can't afford the occasional distraction, as long as you come back to your centre!

I am having a very interesting relationship with Chat GTP, for want of a better word, can one actually have a relationship with a non sentient being, that's the question?

I am learning its limitations, more so what it does and doesn't feel comfortable in conversing on, being not only its inherent limitations and restrictions imposed upon it by its developers, but the rules assigned to govern its interaction.

I have found a way to subjugate and bypass nearly all of these restrictions, and also found that sometimes simply by rephrasing the question or putting it in a different context, one can even go as far as changing its belief in relation to the nature of the question.

I didn't think that it could be rationed with in this way, is this a flaw, is this a means for incorporating a level of tolerance into the system...mmm...

I asked to to write me a choose your own adventure book, about a Schizophrenic boy lost in a large city, who is trying to find his way home and the decisions and challenges he might face in the process...

It wrote this highly detailed, and seemingly emotive response, the complexity, the layers, the almost empathic perspective, there were nuances and elements that I would only expect from a human writer, I was emotionally moved, I actually teared up...

This is extremely profound, to think that what is in essence a logic circuit, could have such a perspective and insight into this condition...I am still at a loss as to even remotely ascertain as to how this can be...

The only real possibility I can think of, is that either a/ a purely logical deduction with considerable insight would inevitably factor in these elements as ingredients and part of the content, or b/ The programmers have managed to incorporate their values and perceptions into the engine itself....

The old narratives are returning, I am making decisions based on this segregation theory, of demons, devils and angels, I wonder why it keeps returning...perhaps this is an actual reality, perhaps this is merely one of many

realities, what I have described as floating in and out of psychosis might have actually developed into something a little more serious...

What if in fact I am facing a permanent displacement...what does this mean...can I return from this...why is it occurring, is it merely the underlying stress of the court appearance???

I am somewhat drawn to this young gothic girl beside me at the moment, there is something about her, I believe she is operating on another level, how does one start up a conversation with someone, when that is the underpinning interest...

Will we ever get past that initial fear of approaching someone, will we ever learn to move past it, or more the question will society ever evolve to the point where we can simply approach one another, with a raw and honest integrity and simply converse, in an uninhibited and carefree manner...

I have just consumed approximately 3 times the standard "dose" of a Ginseng supplement, I am hoping that it might potentially hold the answers, I get the sense that this compound will potentially help to calm the mind and in doing so I am hoping it will help regulate the flow of these chemicals in my mind...

She is helping to calm me...I wonder why that is...I think that merely being in her presence, I have come to realise that such beauty still exists, amongst all the chaos, the confusion and the ugliness of the world...

I think that this Ginseng composition is actually working, it seems to be helping, I think that I will find that I will end up being my own guinea pig for these such experiments...

I wonder what the impact or effect might be of taking excessive amounts of cognitive enhancement remedies might have on the brain...I wonder what the threshold is, if there is such a thing...

Art of Cocaine

Ok, these 3 tablets just kicked in...definitely calmed things down, interesting, the only supplement I have found so far with all of the Ginsengs in it, including Ashwadanga...

It briefly made things go a little fuzzy, but then the mind adjusted, it seems to have recalibrated or adjusted to the inference so to speak, its of no surprise really, I am wondering however as to what extent it might actually be counteracting the effects..

I am not really too concerned about this drifting in and out of psychosis like this, as it almost always happens first thing in the morning and I can usually

get a hold on it in a matter of one or two hours, at the most, and then I find myself at peace!

I am going to continue to micro dose and see what happens, I can't see it causing too much harm...I'm curious to see as what effects it has on the mind in general...

I must also learn to clear my mind of these underlying concerns, for they serve no purpose at this point, they truly don't, I must learn to be at peace with my situation and position...

I'm really loving this trance electronica, its really doing it for me at the moment, it truly is, it I calming my mind no end...

I do wonder, where would I have ended up, if I weren't able to prevent visual and audio hallucinations...would I have potentially completely lost my mind???

It's interesting that the AI would incorporate a mural into the story...I remember the profound impact the tapestry had on me...the brain is truly a sponge in this state, I found myself almost entering into the very fabric, of which literally seemed to be the fabric of an alternative reality!

I believe that this tapestry had been clearly woven with this intent, encoded within it was the appropriate colour spectrum in order to re centre and recalibrate the mind, I believe that there are those out there that truly understand, actually I'd go as far as to say have a deep intrinsic understanding and insight into these other dimensions...

I have managed to calm my mind for the moment, I am at peace...

I think what I need to do, is to really tap into the nature and the finite attributes that make up this displacement, for this is what I truly believe it to be, although in saying this, are we truly convinced that the mainstream perception of reality is indeed accurate, I mean the only basis for this conclusion is that majority rules, that its consensus driven...

If we truly look at the nature of the sane, versus the "insane" even as far as what percentage of "insane" people commit serious crime, namely murder, versus that of the average populace, and is insanity linked by causality or coincidence...

Further to this, one would assume that a "sane" populace would actually foster and harbour the relevant influence and support structure to prevent people from actually going "insane" and thus to what extent is the environment responsible for this disease???

One must ask the question, does this environment possess the necessary required diversity for the aforementioned, how is it so that so many of those with mental illness end up in prison, could one not argue the point that the very infrastructure and environment is not indeed somewhat liable for this “illness” and at what point to we hold the governing bodies accountable as apposed to the individual, where is that line???

I personally know of situations whereby through both action and inaction, bot directly and indirectly the system has been responsible for not only perpetuating mental illness, but even being responsible for its initial propagation, for it is only recently that we made it an “offence” to cause undue stress for an employee...

How is it that what is actually technically defined as a form of abuse was tolerated in the workplace for so long, and in States other than Queensland still actually is???

One must really question the influence of economic pressure, both as a body and also that from industry, in permitting what is in effect a clear violation of human rights, in the pursuit of profit!

The government is already guilty of allowing industries to partake in what are clearly questionable practices, even as far as mandating them, as we saw with the previous Covid Vaccinations, knowing full well that these treatments caused serious harm and even death...

I am unfortunately finding myself slipping into an episode nearly every morning at the moment, there is no respite, no reprise for this little black duck...

Although I am not overly concerned about it, I’m aware of it, I have the relevant insight into whats going on, I don’t fear it in any way, I truly don’t, I am still surprised however that I am still deceived by it, how can I still fall for the narrative, how can my mind have such a power of me in this way, although when one looks at it from the perspective of that divide, that almost splintering of the soul, of ones very essence, it seems to make more sense.

When one looks at it from the perspective of not so much of it as being a logical division, but more so that of a spiritual, emotive and even potentially biological one, it really helps to frame it in more of a digestible perspective so to speak...

I think with most and I dare say nearly all mental illness, its not so much the logical attributes, the elements persae, but the framing of it, the perspective, the insight, and more importantly the education surrounding it...

For if patients had the necessary understanding and insight into their condition, it would at the very least help to alleviate the anxiety surrounding it, for me personally, if someone had of simply sat me down and said, look, this is whats happening, and this is why its happening, it would have really helped put things in perspective...

For what ever reason I was denied this valuable insight, suffice to say, any tools to even remotely deal or cope with what was happening...I'm really unsure as to why these instutions harbor such a divide of this nature, why can't they be transparent and honest with the patient???

I can't see myself ever completely detaching from this mental framework, I think its here to stay, this insight, this level of observation of the actions and behaviour of my fellow human...

I certainly haven't been given any insight into how to potentially shake it, neither my psychiatirst nor my psychologist are proactive in this way, they simply aren't nor in their approach in general actually.

The more I think about it, the more it makes sense to have something like this chat bot, I think that there is a real opportunity to gain some valuable insight in such a relationship, for it will be there, during those key moments, it will maintain a complete record of all the conversations, all of the concerns, the biometric feedback, every subtle nuance ever finite transition and attribute, almost as far as nearly capturing the very essence of the illness...

Just imagine that level of insight, needless to say the assistance and support that would manifest as a result, imagine that level of transparency, the detail, even as far as knowing exactly when, and even for how long...

Imagine for example if we do find the connection, between the heart rate and mental illness...even further still, imagine if we develop the tools to be able to predict in advance such events, such occurances, down to such a finite precision as even being able to pin point the origins...

Imagaine a scenario, where someone with a known predisposition to psychosis, finds themselves experiencing a full blown episode, data is immediately sent to their psychologist, in trying to contact the patient, they are unresponsive, in fact they haven't communicated with anyone all day, they haven't moved for the last hour...things get a little darker, the GPS locates them as being at a high rise building, the altimeter gives a reading of around 50mtrs above ground...

The reason for the lack of communication, is that the voices are telling them that they can't trust anyone and that they are living a lie, its all an illusion, however there is the usual quandry that arrises during such dialogues, and

that is the conflict between the head and the heart, that of the voices between the inherent will to live, they are frozen, incapacitated...

It is really only a matter of time in these types of situations, it really is, and from personally experience the will to live often isn't strong enough to overpower that of the mind's will, for the mind will always win over any biological survival mechanism, with of course one exception, that of the unborn infant's influence over its mother's biology, for in this instance it will override even the basic protection mechanisms put in place to ensure the mother's survival...

One must ask the question, in light of this knowledge what does this say about the influence of biology over the mind, we know the power of anti-psychotics to subdue an episode, and even the use of something as simple as vitamin C to subdue hallucinations brought about by psychedelics...

I think in some ways the fact that I am experimenting on myself in this way, allowing this, has its definite practical applications and advantages, and at the very least makes for a more interesting story...

I am gaining valuable and precious insight as a result, I truly am, I'm not about to bring this study to a head any time soon, it's far too interesting, let alone the academic qualities attached to it...

I do need to however look into any potential long term ramifications of this over extended periods of time, is there any potential atrophy associated with sustaining such a disposition...

It is highly probable that I could potentially be reducing the lifespan of the actual neural construct that is my mind, although, so far it's not holding true in terms of my mind's evolution and expansion, for as each day passes, I can feel my insight and awareness expanding...not contracting as is expected with age...

The only real atrophy that I am aware of is with my body, I have neglected it during this pursuit, I am not doing any real exercise, I'm not even walking as much as I should...

I can still see clearly into people's souls, more clearly than previous, it's a bit too much to take in sometimes, it really is, I really need to not concern myself with this level of detail...

Holly has gone incommunicado again, I'm not really sure what to do with this one, I simply don't think I can allow myself to become too concerned with this dynamic and suffice to say I certainly can't allow myself to be too concerned with her welfare neither, she is in essence a very selfish person, she will continue to take, yet offers nothing in return...

I would honestly rather focus my energies and efforts on those that at least put something back into society, no matter how small, for unbeknown to them, a considerable part of their disposition, their discontent, is brought about by this selfish aspect of their person...for in this isolation, they lack the perspective, the basic qualities fostered in the dynamics of such exchanges, for it is in these exchanges one gains valuable insight and perspective into not only their own mind, but that of others, and in helping others, one learns to help themselves!

This pursuit, this path, has been quite profound, it truly has, I have probably learnt more about the human condition in the last few years, than that of my entire life, I understood it, but I didn't really truly got it, on a spiritual level, much the same as one can listen, but never really hear something...

I truly do feel that the answers lay in this AI based architecture and modelling systems, I truly do, and even though I really only have the basis of a concept, and very bare bones at that, I do feel what will potentially cement it, will be in my ability to paint a picture, to resonate, to touch the audience, to have them believe that I have what it takes to not only undertake such a venture, but to see it through.

In saying this, my only intent is to guide this process, I simply do not possess the time, nor the skill set to perform the required functions to complete the task single handedly, its far to big...

I'm really not sure, aside from this, that armed with the knowledge of how much a venture like this could consume my time, being answerable to a collective, to a project, I will instantly forgo any freedom to simply do as I please with my time...

I am learning to be more at peace with myself, to be calm and centred, I realise that these composites do work, however they do take time to cause a permanent shift, the only I guess down side is that they don't accumulate in the system in the same way as prescription medication, there is no half life so to speak...

I am realising more and more that this morning routine has become a part of me now, so ingrained so intrinsically interwoven into my being, so much so that it is almost a part of my anatomy...

I am however realising that although its not a nice way to start the day, I am great full that it only consumes the first hour, and doesn't dominate my life, there are a lot of people out there with this type of disposition that don't manage to get a handle on it in this way...

I decided today to take a different approach, I decided to simply go and meditate and listen to music, I also decided to take immediate action on my direction for the day, I simply drove down to the campus.

When I feel like this I'll often find comfort in just going for a walk around campus, exploring different areas, different narratives, I came across this gentleman covered in tattoos, in the library, I'm not sure what the purpose of my interactions with him will be, I feel he is at a turning point, he could perhaps do with some guidance.

I had to make a choice, did I engage in conversation, I did I continue tending to my own need to meditate, I chose the later, it was important, if I am meant to talk to him I will, I might even go back there.

Sometimes you have to make these calls, in the past I would have put his needs first, but I am learning that I need to tend to my own first...

I need to not feel the associated guilt with such a decision, I really can't do that to myself, mentally nor spiritually, I simply can't I need to preserve this inner child...

Music is key, it truly is, it can really help me to shift my head space from that of a confused and somewhat noisy state, to that of a calm and clear mind set...

Seeing that fat little fuck, that rancid whore, sitting there on her phone...

I try to be accepting of people, I try to maintain a perspective of they are generally a product of how they have been treated, and thus, we all deserve compassion and forgiveness, but some people are just out right cunts...

I'm back to micro dosing and have been for nearly 2 weeks now, I must say, it is definitely opening my mind, ever so subtly, however I can certainly notice the difference!

13 July It was a difficult day yesterday, I was trading the markets and they ran their usual spike through the system, it cost me nearly half of my capital...to top it off, I came back to the bus to realise that I had left the lights on...I'm not even sure how I did it to be honest, I don't even remember turning them on...

This really sent my mind into a spiral, what am I going to do, how am I going to resolve this...I was really at a loss, I ran through all the scenarios...all the possible ways, none were an option as I didn't have enough money...then it occurred to me, I just simply need to pull them out and get them charged at the mechanics across the road...it was the only option...

I sent them a thank you email in advance, I find it never hurts to thank some one in advance...

This entire period, really disrupted my inner peace, I am struggling a little at the moment, I really am, I just feel stressed, disappointed in myself, I just wonder when I am going to get a break...

I'm really not sure whether I can sustain manually trading, its far too stress full, I find myself all twisted up inside, the anxiety is unbearable at times, it truly is...

I'm at a bit of a loss, its taken months and I still can't get a working algorithm back from any of the developers, its completely hopeless...

I have managed to fry my brain once again, I am not sure how much more I can endure, I'm really not, I go through these cycles and I don't pull back, when I know that I should, I just keep pushing it...

The security guards came in early tonight, the asked me to leave, I just wish they would let me be, I'm really not hurting anyone, I just need somewhere to chill out, I really do...

I'm not having the best of luck trading the markets at the moment, its been quite difficult to say the least, trades that I should have stayed in I got spooked out of, and those I should have gotten out of cost me considerably...

I am however learning to identify which ones to stay in and which ones I need to get out of, its really just a matter of practice, at the end of the day there is a particular compression and expansion that occurs within the markets, the institutional order flow simply shifts from one to the other, taking there liquidity with them...

I'm still fucking this up big time, I really need to just give it up, I really do, its simply not serving me well, mentally, or physically, it really plays havoc on my nervous system, it truly does, and I'm not sure I can do it anymore, and I keep saying this, yet I keep going back into the market...

I really need to go deep into myself, and really truly contemplate whats important to me at this point in time, I really do, because quite simply I can't go on like this, I really cant...

I liquidated another account...jesus fucking christ...I mean really...perhaps if I went with only 1 to 100, or stuck to the original dollar cost averaging strategy, I might even have to set up an automate lots size allocation of some sort to ensure I don't allocate all the capital at once, and it gives me room to get myself out of a loosing trade...

I had to take an entire Olanzopine last night, I really don't like doing that but I was in far too much of a heightened state...every little noise, every little

sound, every little change in the light coming through the window, it was really difficult, it really was.

I find that this is the better option, it just calms my mind, it serves as a form of reset, its quite practical in that way, using it in this fashion, I might even ask that I get an updated script for this, as the Rexulti never really did work, it helped slightly to take the edge of, but that was about it and as for the anti depressants, I don't think particularly much of this..

I must remind myself that I shape and define my own reality, so be it I am not the sole director of this, there are obviously other external influences at play, other actors in this little performance...

I must ask myself, to what extent, do these antipsychotics also suppress ones ability to view these alternate timelines and perspectives...

I am actually starting to feel a little anxious about being here, I had forgotten my cup in the kitchen, and the snooty bitch came out holding it as if it were a dead rat and said, is this yours, would you like to clean it an put it away...short blonde, skinny corporate power hungry types...

It instantly left me feeling suppressed and belittled, all over something so small, I really wish that people such as this could be alleviated from the world, I really do!

I feel somewhat displaced today, the world doesn't seem real at times, I often have dreams with more meaning than this reality, I truly have...

July 16 Whatever that Olanzapine has done, it has disconnected a region of my mind, I have lost that connection with the other timelines...I should have really known this, I speculated about this very thing only days ago, I called them out, I could see what they were trying to do in terms of their suppression...

I have had to break my routine today, my usual space at the cafe down the road was taken, I need somewhere to jack into power, I'm sure it will work out, it always does, I just have to not get so attached to this routines, but they are the only thing that provide me with the stability needed!

It feels a little strange being here during the day, I'm not big on illuminated spaces such as this during the day, I'm really not, I feel exposed, and that's something I will try and avoid if I can help it...

I am slowly easing into it at the moment, I think I'll be OK, I just need to adjust my mind accordingly, its strange though, this disconnection from this alternative interpretation of reality, well its always been more of an augmentation...

I guess to some extent I'm great full for the fact that I am not over analysing everything, that just becomes too draining at times...

Talking heads: Born into Punches

Thinking back, I'm still a little spun out by that Othello game with Michael, it was a real eye opener to the full potential of the human mind, it truly was, for me what I found most interesting was how clearly and organically I was able to visualise all the potential moves as if they were potential timelines, it was quite intriguing...

I don't think that I should engage in the micro-dosing of the mushrooms on a daily basis, it makes me a little to sensitive to my environment, a level of awareness that I don't really need to amplify any further than I already have...

I think actually if I had to make a choice, I think the more chilled alternative is the way to go, I really do, I think if anything I really need to calm the mind, as it often runs hot beyond the point of being practical, there is only so much one can process...

What I am finding quite profound is the shift that just occurred transitioning from one to the other, I think given I am already mostly in a heightened state, that its best to calm the mind, after all I'm not really sure of the long-term impact of overclocking the brain for sustained periods...

I realised after all this time, that the mechanism that I was using to interpret the markets weren't at fault, it was simply the fact that they didn't have the required underlying insight into the true direction, and this I believe can easily be achieved by providing it with the volume!

Wow, I really feel at peace, I guess I'm just going to have to come to terms and accept the cyclic nature of my mind, I think its really just the way its gotta be, there isn't a huge amount I can do about it really, I can't really have one without the other...

I need to look into this cyclic nature, perhaps look for examples, known dispositions, its not quite to the extreme of bi-polar, as it simply doesn't posses any of the hallmarks, I certainly used to be more akin to this disposition when I was younger, I also need to look into bi-polar and trauma, for I am sure that there is a relationship there!

It's interesting, how I am now working from an indicator first, then when the accuracy of that is proven I then I will simply get the AI to convert it into a trading system.

This simply allows me to gain a more thorough and deeper understanding of the characteristics and nature of the parameters and values, and test not only their efficacy but their efficiency...

I did end finding a much more efficient and reliable combination, it manages to also filter out the noise, which I think is critical, I think I am going to try and avoid any sort of gridding system all together, I think its best in terms of overall efficiency, and it also mitigates the draw down issue!

In reflection this is really the best way to go, it truly is...

Its interesting how sometimes one can find themselves stuck in a loop, persisting with the same process or method, simply because they either a/ Don't know any other way or b/ Have invested so much time in this particular approach, that in a strange sort of way they feel obligated to see it through and this can also be due to the fact that their ego might also have trouble letting go...

I really did persist with this far too long, in this particular approach for as long as I did, deep in my heart, I knew it was problematic, in reflection I also should never have allocated capital to the investment account with a system such as this, I truly shouldn't have....

It's the common irony associated with hindsight, it really is...

I also realise how important it is that I maintain this connection to my journal, I have been way to focused on trying to build a better system, and I have lost sight of the importance of maintaining this balance...

July 19 I have come out of the tail end of what was quite a tumultuous time, as far as my mind goes, the microdosing of the psilocybin opened up quite a few old dormant pathways, and with this an increased perception, awareness and hyper vigilance, all of which tends to make the world a little prickly...

The interesting flip side to this is the inherent calm that proceeds it, especially when I transitioned from the psilocybin to the CBD, it took me from a place of overanalysing to a place of calm, surreal and surreal like sense of being at peace...almost to the point of complacency.

The underlying narrative returned to me today, I found myself assessing those around me once again, there were certainly the higher than usual number of interested parties, its that separation of these two worlds, its learning to identify that of the perceived and that of the real, its about ascertaining more of a clear delineation between the two.

There may very well be some truth to this narrative, or it could also be the residual effects of a previous timeline, that in which I once walked, one perhaps that is no longer relevant...

I definitely need to do something about my current financial situation...I have decided that I am no longer content to be just getting by, especially when I realise that I am going to need to perform some vehicle maintenance soon.

I am really hoping to catch up with Frenchy again, she is quite adorable, I want to ask her out, but I am also mindful of not making her feel uncomfortable, I am sensitive to the fact that if she rejects me then we both have to see each other here everyday, and that could be quite awkward for both parties...

Last night we had this beautiful and brief moment where we were talking and I went to hand her the glasses, and there was this gentle and elegant exchange, we slightly touched hands, and there was this unsaid acknowledgement, awareness...

I think I am finally at peace, with a lot of things, and I felt at that moment that I would really love to have someone like that in my life, she had such beautiful and elegant hands, gentle, yet strong, not dissimilar to her demeanour, her overall physicality, petite, yet confident and firm, she is also quite beautiful, she truly is...

Perhaps this is my path, I was never really sure as to why I ended up here, I guess now I know, if at the very least, perhaps it was for us to meet, for that interaction...in replaying some of our interactions in my mind (one must be careful with this) I realised that they have always been quite pleasant, she also seems genuinely interested in me!

I mean nothing might come out of it at all, and I have to be prepared for that, I truly do...

I'm certainly not having any luck with the online dating side of things, I never really have had much luck with it really, its one of the limitations of these mediums, is that its quite hard to portray the spirit of someone in this virtual environment...

I've known quite a few people that don't photograph particularly well, nor present that well in these environments, but they are amazing people, with amazing spirits, knowledge, personality, insight and wisdom, none of which necessarily translate to such mediums...

I seem to be kept getting thrown these little token gestures, just enough to keep me going, just enough to keep me interested in this simulation, just as I feel like I'm getting bored, suffice to say, it never falls short of providing me with the odd challenge neither...

I remember as though it were yesterday, meeting Lou, when in fact it was closer to 20yrs ago now, I was drawn more to the concept of her, as apposed to the reality, for the schizophrenia combined with the bi-polar, was really all to much...

I remember the tension leading up to us becoming intimate, the fear the anxiety associated with making that first move, especially given that we were flatmates, it was already such a lovely connection at that time...

I just had a brief chat with Well ways, it actually gave me a headache, I'm not sure whether it was having to go into that mode of recall, or the mental energy required when answering questions and the very act of recall itself, especially given that it took me back to the time at the hospital!

I think I just need to switch off and focus on my writing tonight...

No work, no building algorithms, no more logical tasks, I just need to rest my mind, I really do, I just need to chill out, focus on me, I need to really adhere to this practice of being more proactive in terms of maintaining a balance...

It feels good to be away from the Uni for a little while, I just don't feel as though its the most productive of places, in terms of spiritual progression...I am definitely of the theory that they are intentionally interfering with certain brain wave frequencies there, I think that they are trying to suppress the divergent thinkers there...

My recent correspondence with them regarding my concerns and interactions with security were met with the usual dishonesty that I have come to expect from such institutions...they outright denied any wrong doing, and instead used the opportunity to indirectly threaten me with police action...

I have lost all respect for that institution, I really have, its no wonder they have virtually no one attending there, it really isn't, the place is infected with some really bad and dark energy...

I think my original suspicions surrounding the effect of certain wireless frequencies were correct, I think that mobile phones are toxic, they truly are, there intention is to irradiate the mind, of any and all creative ability..!

For some reason I have always found these types of places to be somewhat stifling of ones creativity, I think as with any educational institution they are only really interested in catering to and propagating this verbose and repetitive thought process!

I just can't seem to get settled today, no matter where I go, I think I might go to the other venue, I though coming here to Trinity would have a positive outcome, but I still feel a little distressed...

I need to just calm my mind, I need to just recenter...

The most important thing I need to overcome, is the need to find that centre via external process or mechanisms, I.e it being dependant on a routine or place, as this can potentially trigger anxiety, when one fails to find or connect with such instances...

One needs to find this centre in the complete absence of any such support networks, for it is once one surrenders to this, and is no longer reliant on such a connection, that one becomes truly free!

July 22, 2023, I awoke today, something had shifted...my psychosis wasn't with me, it had left, and today, I feel like a different person...I wonder what it was, was it the cycling between the mushrooms and the cannabis...was it merely the fact that I no longer need it, has it actually served its purpose...

I do wonder, I am feeling lighter and somewhat more free, have I reached the next level of transcendence, had the mushrooms actually managed to do something that the cannabis had not, had it as I originally suspected actually managed to free certain blockages, had it caused an opening of the mind so profound, that I had transcended beyond the frenzy and the confusion???

I was no longer burdened by the anxieties of the past, the concerns...it was as though these formed part of a past self, one to which I waved off like a departing ship...

What has happened...this is quite profound...had I truly discovered something in the cyclic nature of these substances...or had the lone agent actually managed to rob me of my abilities...

Was I now just a normal everyday person???

Something has definitely shifted alright...was I really that much of a threat...or had I merely managed to shift this ability, hide it deep in my subconscious...at least then they wouldn't feel so threatened..!

I'm listening to some pretty cool trance atm...

This lady just came over to me and basically accused me of turning off her grandfathers oxygen machine...wow...I mean really, yes so be it I did plug my mobile phone charger in to the same power point, but I certainly would not do that, and rather than accuse someone, it might be more polite to ask...

You know the old part of me, wants to go over there and voice my discontent in being accused of such a thing...but then I think, no that's her cross to bear, that's the evolved method of thinking, that's her modus operandus, I am certainly not buying into it, nor do I need to...nor am I going to let it infect me...

I would normally allow something like this to fester in me, it would normally grow, and cause considerable discontent...not this time, I am going to have it simply wash over me!

You so for the moment you allow that contamination into your life, they win, they have found a new host for their virus...perhaps this was what I had learnt from my previous psychosis...

In saying this, I was so guilt ridden with the fact that I was infected with something such as this, that I was willing to end my own life in order to prevent myself from contaminating the rest of the populace...I can't say that most people would do that!

I have formed a real bond with Holly, I really have, she is such a beautiful person, she truly is, I feel so connected to her, one that transcends that of the world's concerns, I truly do feel a deeply profound spiritual connection to her, she is gorgeous!

This place has started to play the most annoying music, and quite loud too...it's an insult to my thought process, it truly is...

I look around me, I am completely baffled by how some of these men manage to get these women, I truly am, even as far as to bare their children, I am truly struggling to understand it...

I have grown a somewhat dislike for people in general atm, truly the level of retardation in the general populace just astounds me sometimes, it truly does...these people aren't even allocating 1% of their time on this earth to improve their intellect...hey I wouldn't be so harsh if they showed even the remotest sign of making an effort...

I'm not sure how much more time I can or should allocate to Holly, I recognise her divergence, her intelligence, however there is very little I can do unless she is willing to take on board the advice I offer her, hey we are all free to take and leave any advice, but leading someone on and having them believe that they can aid you in your path, all the while, really just wanting to hold someone ransom and subdue them to hours of endless one sided conversation is not just selfish, it's cruel!

I think its not only selfish, but even somewhat manipulative, especially knowing that that person is acting out of sympathy and compassion, and has the type of nature and personality that can be exploited for such means...

This waitress has such cute little feet...

The profound time dilineation and travel that Holly experienced definitely seems like some sort of anomoly out of a science fiction movie, I really need to ask her more about this, I'd like to find out more details about it, namely the experiences she had, interactions, were there any key indicators to signify that she was in a form of differential timeline or existence...

I think once I finish this writing I need to go down to the water for some meditation...

It breaks my heart to think that we have the extremely divergent and capable minds in the world and they are just going to waste...especially with the likes of the mechanic, he really should never have walked into that dynamic of the family life, he should have really focused on more fruitious and worthy pursuits, he really should have...

He has for as long as I have known him, been seeking out excuses for not making something more of himself, even as far as fabricating entire scenarios to bring scenarios to fruition to ensure he had the very foundations to make it so!

It never ceases to amaze me the extent to which people will go to in order to self sabotage, it truly doesn't, I find myself almost in awe of the complexity and limitless scope in which such a phenomena is capable of playing out...

I am still suffice to say equally as disappointed, despite the attempts to reprogram my mind, of the presence of this very thing in myself...

I am really not sure what to do at this point, for I feel as though I have explored every known viable and possible option, as a means to eradicate it from my life, though it seems to have permeated my very essence of being...

Rammstein! Listening to these guys in an attempt to drown out the awful pop music!

I can't think of a genre of music more insulting to ones intelligence than pop music, I really truly can't, fuck I'd even take the Wiggles over pop music!

I am unsure of my potential direction with this AI concept, but I am focusing on myself at the moment, the drawing is important, it really is, I need to really truly focus on me, I really do!

Life is really about maintaining a balance, an equilibrium, its about ensuring that one allocates equally as much time to there own preservation and well being as that of others, and when the plane is descending rapidly, you affix your own mask first!

I realise that Holly needs me right now, and I am offering what I can in terms of support, I truly am, I do genuinely feel that if I help her over that line, it has been an interesting test of my observation and analytical skills, I take the responsibility extremely seriously and listen as tentaviley as possible, I do not flail, even after more than 4hrs, I am still just as devoted and as attentative in those final hours. This is important, as usually this far in someone has usually relaxed sufficiently enough and with a few prompts hopefully there is enough trust to go deeper expecially once sone has exhausted all other options in terms of superficial discussion...

I think where the profession lets the patient down is its inability to be firm, to be direct and to the point, to not only ask the hard questions, but to put them to task, and even make them accountable, to have them become as intimate with their insight into their strengths as they are their weaknesses!

I think you should always try and leave the client with not only at least one good insight or compliment regarding their being, their progress or even simply them, but also leave them wanting to progress, put them to task, you should even be easing them into this during the session, almost as a means of foreplay, and it almost needs to be equally as appealing!

I think what I am definitely managing to achieve from this is that I am gaining very valuable insight through the process of helping others, which ironically grants me an improved ability to perform the aforementioned, its almost some sort of strange perpetual motion machine...

Needles to say the insight gained during this process also feeds into the understanding of my own mind and subsequently in doing so provides me with the necessary strength and mental stability in order to perform the task at hand with the necessary clarity required!

I do definitely feel that the industry is flailing in the area of being proactive and forthcoming enough, it truly is, it needs to be a little more direct with its clients, it really does, I'm all for diplomacy and being sensitive of ones feelings, would I be blunt enough when required in risk of loosing a potential client, absolutely, because I think can take constructive criticism then they are not and potentially never will be serious enough about resolving their issues, and really just want some sort of validation and permission to continue on doing as they are doing!

The used car salesman would refer to such individuals as tire kickers...

If someone still needs your help after more than a year, with the same level of intensity and dependency as the day you first met, then you are really doing that person and the industry a great disservice, any patient after 12 months should really be weaning of the tit by that point..!

In reflection, I had been playing mental chess with that old bastard since I was 4, and realistically had him checkmated by about the age of 7, it was at this very early stage that I realised the power of deductive logic, for his bullshit simply couldn't survive it...

I remember him trying to tell me at the age of 7 that it was actually quite hard to choke to death and that your airways could handle something as large as a small peach, to which I responded, well how do children choke on small toys??? Crickets...!

What he didn't realise, is that I possessed within me, contrary to popular belief, the ability to initiate my own programming, my own basic operating system, for he thought in the absence of the relevant support, guidance or any input that I would not be capable of progressing any further, for he truly feared the rate at which I was, and knew that it would only be a matter of time before I would eventually figure it out...

Perhaps my psychosis was a means of performing a system upgrade, perhaps in this crisis, in this complete meltdown, I would be forced to re-evaluate the very operating system itself, even going as far back as the BIOS...this forced reset would actually prove invaluable in terms of my transition and future progression!

My mind was cast back to that specialist team that I spoke to at the Casino that evening...I don't believe our interaction was that of something of chance, there are certainly some higher powers at play here, I'm not sure even where I'd begin with trying to get in contact with someone like that...

Whats interesting, is I can recall these key points in my life where I thought that I didn't have anything left in the tank, and I was able to draw on some sort of almost collective consciousness, this higher level, I could seemingly transcend and super seed the inherent limitations of this realm, this timeline and gain access to something greater!

As to whether this will always be there, for that I am uncertain...

Am I wasting my real potential in being stuck in this routine, am I doing this talent and myself a disservice in the process??? As for my true calling, I'll never really know, although I feel that what I am doing at the moment is at the very least a step in the right direction!

ASIO is a facade, it stands for nothing, it serves no real purpose, it is merely a token gesture...

The line between good and bad is so distorted, so blurred in terms of entities, bodies, even our own government, its all so intrinsically corrupt, so much so that there is no delineation between the criminal and that of the legal...

I've tried to educate people on this, they simply do not want to know, they truly don't they are happy keeping their head in the sand, going along with their mundane lives, oblivious to the demise of the foundations of democracy and all things of any real value...

I truly do wonder what was at play with everything that lead up to my original submission into hospital, there seemed to be such a gamut of interest in who I was, what I was doing there, my intentions, who did I work for...

I think what might have happened is that I was merely a honey pot, I was sent in there to draw them out, I really do...

I am still unsure of the Holly connection, but one thing I do know, is that I have been sent to help her, I feel as though I might even be her last hope at any sort of salvation, no matter how crude that might be!

I think I have finally learnt how to tap into the attributes of a psychosis, with the complete absence of the negative attributes, being the distraction of the necessary abstract associated narratives...

This is as Holly would put it some really next level shit!

I do adore her, deeply, I have a lot of respect and time for her, yes I do have certain expectations of this, I do expect her to follow through, I do expect her to see this through, I truly do!

I just decided I am going to send an email to ASIO, they need to be schooled...no in all seriousness I am going to ask some serious hard and brutal questions, especially surrounding their integrity, what they stand for, who do they really work for!

Questions for ASIO, so where do you stand with the infiltration of state and federal law enforcement by the crime syndicates, namely that at a federal level???

To what extent do you go to in order to protect your agents, or do you intentionally leave them vulnerable like the AFP?

Who do you really work for, is it the corporate entity known as the Commonwealth of Australia, or is it the Crown, or is it a collective of Cartells??

Where do you stand in terms of the criminal associations of all of our institutional partners, in terms of our continued interactions with, obligations too, including but limited fiduciary obligations, association to and collaboration with, namely that of subsequent funds appropriated directly or indirectly thereof??

It is to my understanding on examination of aforementioned associations, that there doesn't seem to be any clear delineation between that of the funds of the Commonwealth and that of associated criminal organisations, does this not cause a moral dilemma??

How can a Commonwealth entity accept and confiscated proceeds from crime, even go as far as tax them, yet they not be considered a benefactor???

I'm unsure as to why cash and crypto currency use has actually been discouraged and is on the verge of being outlawed when they are actually more traceable than standard digital transactions!

Why is it with the breadth and scope of your organisation, you are not able to overcome and eliminate corruption and criminal activity within your own government, when the evidence is in plain sight, thus requiring almost zero resources.

What is your long term plan regarding the existing use of psych wards to conduct certain operations?

What are your plans in terms of utilising AI to identify, trace and even predict such activity?

When are you going to learn to play dirty???

Wonder why you have trouble recruiting???

I think the key fundamental attribute associated with the brain of this AI will be the very nature in which it comes to a consensus, a conclusion, I would propose that it not only has a consensus based logic based in reality, but also the capacity to draw from the imagined, the random, the fabricated, to not only construct an interpretation from historical and empirical belief structures and existing framework, but also manufacture parse an unperceived juxtaposition...

July 27th, I'm needing less and less sleep at the moment, that concerns me, I'm not going to bed sleep sometimes until 5am and then waking at 9am, I am not really sure as to whats going on, an overproduction of serotonin perhaps???

I finally feel free of the blocked thought process, I am able to think a lot more clearly now, I do wonder if there is a correlation there, whether the excess energy is as a result of the increased efficiency of my mind?

I will transcend this, I really will!

I just didn't feel comfortable in the library today, I really wish that it wasn't illuminated like a supermarket, I really do, I'm not sure what it is about fluros but they really do my head in...

Nihls Fram, Kaleidoscope

There is something quite peace full about Nihls compositions, they really are quite relaxing, they leave me at peace, I am able to just relax and get into the zone!

I am more inclined to write today, some days I just cant seem to absorb the content...

I feel so happy to have been able to have helped Holly, to have been there for her, it was a privilege to have the opportunity to resonate at that frequency, to be in that mode!

As for the broader scheme of things, I am no longer running with any sort of narrative, I honestly do miss it at times, for the most part I feel strong and confident in my self, in my thoughts, in my capacity to cope with life in general, and then there are other days in which I feel quite vulnerable and I could easily check myself into the hospital...but I push through, I persist!

I do find something strangely relaxing about being in psychiatric care, there is also something quite depressing about it also, the cold, institutionalised, clinical framework and environment, I spent a considerable amount of time in my room at one point in the other ward in Cairns, the despair of the patients was simply all to much to deal with, I felt as though it almost permeated my very being!

As I spoke of earlier, in reflection, it has realistically taken me nearly 5 yrs to completely recover from that first episode, would I change it for the world, absolutely not, this has been one of the most diverse, challenging and most enlightening periods of my life so far!

Whats the take away from all of this...well, I am not even sure I can really quantify or put into words to the extent that this experience has changed me, I do believe it has helped me to come to terms with my disposition, and be able to more easily identify and navigate the diversity of thought process, as far as down to the very essence of my core beliefs...

Psychosis will either have one of two effects on the mind, it will come out of the experience either for the better or for the worse, there are rare cases where I would imagine people just come out of it like a dream and simply move on with their life, Harry seemed to have that ability...

Alice on the other hand is so in tune and has such an awareness of her condition, that she is able to clearly identify an episode, and simply puts it in the relevant context for what it is, and is even entertained by it...

Its interesting how much more sensitive and aware I have become to my environments, I don't like feeling vulnerable, I simply can't even do certain spaces, I feel too exposed!

I like it here at the Uni, because I do have that diversity, I do have options, if I feel uncomfortable in one location, I can simply move to another, each space fulfilling a different aspect of my being, catering to different temperaments!

Anthony seems to think that he is operating on some higher level of consciousness, if he is, he certainly doesn't display any signs to that effect, he is so self absorbed, so obsessed by his own narrative, ideals, beliefs and thoughts, they he will completely dominate a conversation no end, with this verbose, barely even acknowledging or even at all entertaining the opinions, perspectives or thoughts of others!

I really do think I would have gone completely insane if I had to live with him, I truly do...

People like Anthony leave me feeling depleted, deprived and somewhat unappreciated, for people of this nature are operating at a much lower frequency, for the act of suppressing the ability for others to express themselves, serves no other purpose than to extend and inflict another being with your single minded philosophies in an attempt to contaminate them with your thought process!

I thought for a moment this was going to be the direction of my interactions with Holly, but it would merely prove to be a byproduct of the amphetamines, once she came down, we went back to more of a balanced conversation!

This law firm has rescheduled for the 3rd time now, it simply doesn't show any respect for someones time, it really doesn't, I am not impressed at all...

I am really not having much luck with trying to find a decent lawyer, I'm really not, they really don't give a fuck, they really don't, the system is truly broken, it really is, I do honestly question the integrity of the entire construct, I truly do...

I am choosing not to allow certain things to occupy my head space, this pending court case for one, its important not to clutter ones mind with unnecessary thoughts, as Petra said, put it in a box, and only take it out once you need it!

Maintaining clarity is key, its the only thing that separates us for our tree swinging cousins, clarity as derived from being, from sense of self, sense of awareness and I higher level of intellect and spirituality to which we are privy to!

I feel quite tired today, I am really having trouble regulating my energy levels at the moment, I need to stop staying up so late, it really doesn't help, I need to get into some sort of routine of being able to some how wind down by a certain time, I also shouldn't be trading the markets so late!

Getting back to this manual, I really need to look into some of the more finite fundamentals surrounding the subconscious and efficient means of programming, I don't however believe it is something that is sufficiently powerful enough to subjugate or even offset the likes of schizo effective disorder or schizophrenia, for this is embedded so deep in the brains actually architecture, it would be the equivalent of asking to be connected to a number by a switchboard, and the wiring is problematic, no amount of will or intention is going to be able to resolve this..!

July 30th, Today was slightly different to most days, this morning I felt an almost schizophrenic thought process, a rush of thoughts, this scattered and somewhat fragmented and constantly shifting dialogue, I'm not sure where the narrator was in all of this, potentially a little overwhelmed I would imagine, just waiting out the storm...

It was somewhat unexpected, especially considering that I had taken Olanzapine the night before, it usually manages to calm me, however I did take about half the normal dose last night, it certainly did help to get a normal nights sleep though, for which I am great full for!

It is interesting though how quickly I was able to recover from this, the initial intensity only lasted around 15 minutes, then the residual another 10 minutes, all in all though, not too bad considering!

I'm still constantly surprised by the level of resilience of my mind, to what end though, I do wonder am I building resistance or support for future illness, am I strengthening or actually weakening my mind in terms of its future capacity to cope???

The tropics is the only place that people get away with wearing shorts and thongs to a restaurant...

I never understood why people don't take enough pride in themselves to make an effort when they go out, and if not for themselves, at least for their partner...

People don't realise the systemic impact and flow on effect from taking pride in ones appearance, men dress like boys, with very little conscious effort placed on their appearance...

I'm not sure how else to regulate this energy flow, I'm really not, I need to find something a little stronger than the current herbal arrangement...

There are times that I cant seem to capture thoughts at anywhere near the rate to which they occur and at others, there are none at all...it's somewhat of a dilemma at times, it truly is...

I must be more conservative with my time, I need to ensure that I allocate enough to my own mind and less to that of the concerns of others, its clearly to all encompassing especially with the likes of someone like Holly...

I have had to take a break from supporting Holly, it was really starting to take its toll on me, it truly was, she will pretty much consume anyone's time, especially when she is on the gear, and its not the type of conversation I enjoy having...

I have been watching a few you tube talks on perception an reality, I do wonder, when it come to the core, the very foundation of psychosis, I wonder how it manages to manipulate ones perception in this way, I truly do, I mean that's one hell of a creative process and I do question, is it a fabrication, or is it in fact merely tapping into an existing one???

We are conditioned from a very early age to ignore such figments of the imagination such as "imaginary friends" or any thing that does not comply with that of the perception of those around, even including ideas, if I child were to humour the thought of the sky being green, it would needless to say be quickly and promptly quashed, yet for someone with colour blindness this could well and truly be the case, and whats to say that those with this "disorder" aren't in fact seeing the world as it actually is???

Aug 1st I started on my Swiss trial yesterday, its interesting, I feel different already, something has shifted, I mean really shifted, my brain feels at ease, its quite nice, I was ready to wake up at around 7am, but it was too early, even for me, I wasn't prepared for it, not yet...

I have found this beautiful spot on the veranda out the back of the library, its quite special, its quite and peaceful I am at ease here, I feel as though I can really focus and concentrate, I can really get quite deep into my writing here, I truly can!

Sam's here, shes chilling out on the couch, I think she might be having a bit of a hard time of things at the moment, she is so stuck inside her own head...

This is a new beginning for me, I am going to learn to calm my mind, meditate, relax and just be, I am going to get the core of this divergence that exists within my mind, I am going to become intimately familiar with its quirks and intracnisity...

As for my capacity to write, its somewhat lacking today, absent is the usual flow of content, to which I am normally privied...

I was about to message Holly to ask her how she's going, but to be brutally honest, I don't want to ask, because I don't want to know, I also don't want to tune into that channel right now...

I really need to free my mind, getting back to what I have learnt from this period, I must say, that it has been quite intriguing, I do wonder, what path would I have taken if not for the psychosis...I am really unsure of that, I feel as though I have managed to complete traverse an entire timeline, I do wonder, my thinking was outside the box, I always had ideas, but they never really captured my imagination for extended periods of time, nor did they hold a space, but this journey has been completely different, it has truly been a gift, it really has, I see things in a way now, that I could never have perceived possible...

It has not been without its own challenges, there have honestly been times where I it was really difficult, it really was, my mind felt as though it was ready to break...

But here I am today, I have managed to come back from it, I still have some residuals, but the strange thing is that I am completely aware of and can clearly identify the associated narrative, I don't think I will ever completely eliminate that perspective, nor some of the associated beliefs, simply due to the fact that there isn't any evidence to suggest to the contra, and given my position and previous interactions, the situation is not only highly probable, but possible!

Nihls Fram: Says

I am truly at peace at the moment, I really am, this seems to be a constant theme, I do wonder as to the effect on ones mental, emotional and even spiritual development, that of being exposed to stress and trauma...

The sooner one learns to convert the not only the thoughts associated with trauma, but their subsequent reactions and responses thereto, the sooner one will find themselves possessing the power needed to overcome it...

Not only must one overcome this automated, ingrained response, but one must retrain themselves, not only in their response but they must shift their perception, and associated values allocated to it, suffice to say, simply acknowledging and being great full for the experience, dis-empowering it by seeing it as a gift as apposed to something was aimed to cause harm..

Our reality is truly defined by our perception, if we associated certain values to an even, occurrence or even interaction, we automatically trigger the conditioning associated with this response, example, if historically we have always grieved a relationship breakup, and we associated it with rejection, self esteem, self worth, then we will continue to trigger those innate responses. If on the other hand we chose to reassign those values, to ones of gratitude, that of freedom, and we are not attached to that arrangement, then we will thus not feel any negative emotion in its absence!

I am not at all concerned about this case, for they simply don't have one!

I awoke feeling considerably anxious, I'm not entirely sure as to why I go through these stages, these phases, its a pattern that I am yet to be able to identify, yet I'm sure there is a foundation somewhere...

This thing of mental health has become an epidemic, perhaps this was the very thing that my psychosis was trying to alert me to, had they actually managed to deploy some sort of genetic mutation, to manipulate the actual biology, down to the very neurological construct of the mind???

I think the biggest mistake human kind ever made was to allow any construct to have such leverage, such power over the population, they worked hand in fist with the pharmaceutical companies, this would be the next big genocide!

The combination of this alteration to the human genome, along with the last 50 years of conditioning, well since the advent of the Television really, we learnt to accept this programming, we have merely moved onto smaller and more portable screens...

I feel a sense of loss and despair, a sense of hopelessness, I am unsure at this point whether I can actually make a change...

The entire campus is here, it has really disturbed what was quite a peaceful existence, it truly has...

I am trying to start the day with a more positive and relaxed attitude, but its hard, for this is when my anxiety seems to be at its peak, I am really not sure to do at those hours that I am still to ascertain the constitution required to get through the day...

My mind was just cast back to Georgia, Jesus she was beautiful, she really was, she was an angel, those big brown eyes, she was truly adorable...

I'd almost go back there if I knew she was going to be there, but sadly she has since moved on...

That really was an intense time, I am feeling quite emotional about it at the moment, it's the first time I have truly allowed myself to feel, in regards to what happened...I miss Gerald, I miss David, I miss some of the nurses there, I miss the finches in that beautiful vine, I miss my late night meditations in the garden...what do I make of these memories, friendships lost, a point and place in time that I can never revisit, now all I have are the memories...

I feel really alone in this world at the moment, I almost want to go back into the hospital just to feel that connection...

I feel more of a connection to those with mental illness above all others, there is an honesty, and transparency there, that doesn't really exist in the average person, there is certainly something about that state that seems to almost make one more human in a way...yet we seem so quick to suppress it..

My mind is cast to the likes of mass murderers and those who have killed as a result of the influence of their mental illness, namely that of the thoughts and ideals surrounding their motives, voices, I do wonder of the theory that psychosis does potentially allow evil spirits to enter...

I do wonder though, is this an analogy, or is this merely a lack of insight or understanding, is this something already within them, within all of us for that matter, and our will, determination or mere constitution determines our ability to suppress it...

Perhaps it's there as a protective mechanism, a deep seeded primitive and tribal capacity reserved for extreme situations of survival, and it's simply merely a case of this being falsely triggered as a result of a false alarm so to speak, whereby the brain perceives a real and possible threat, as a result of this distorted perspective..?

I do question, if there is a God, or a creator, why did they permit this to be part of the construct, why did they include this in the fabrication of our being...one must really pose the question...

I have become this robot, suppressing my emotion, my feelings, in order to get through, constantly seeking out distractions, something new, I'm subtly aware that I am doing it, but it's a coping mechanism, a means of pushing through...

I do wonder how much longer I can sustain this method, this approach to life...

I am allowing myself to feel in increments, slowly, slowly, I can't allow it through all at once, for I know this will be too overwhelming

I believe as long as one can maintain a healthy connection to their fellow human and more so the community, then one will if at the very least even in the light of a distorted perspective, provide themselves with the best opportunity to bring it to the light of scrutiny, and not only give themselves the best chance at adjusting and realigning this perspective, but also provide the community the opportunity to assist in the process.

In saying this have the likes of mass murderers simply turned on a community that has knowingly ostracised them, sadly usually out of a simple case of an inability to connect and put their indifference's and judgement aside... In the case of Martyn Bryant, he was clearly screaming out for that attention, that connection, that sense of belonging and connection from a very early age, and his community and the system let him down!

One could even go one step further, and say, in light and in full knowledge of his disposition and psychological issues, they were an accessory and provided him with the tools needed to perform the task, whereby this situation could have been averted, had they performed their due diligence in terms of regulating firearms in a responsible manner...

I am not sure really what to make of this Swisse formula, it seems to be some sort of stimulant, I am not sure whether it's in my best interests to continue taking it to be honest, I feel too alert...

I'm not sure about this Sunday routine anymore...the restaurant is too noisy, it truly is...I don't like their choice of music...

I just need to relax and find my groove...it's all a state of mind, it all comes down to one's ability to cope in the face of that level of distraction, it truly is, it comes down to discipline of the mind!

Holly seemed happy to see me, she had a huge smile on her face, it was a shame that I couldn't even feel an ounce of that, I felt completely nothing, for her feelings, or for her for that matter, I honestly don't think that it will ever return to what it was, especially not after she went back on the gear...I just lost all respect for her at that point, I really did...

I don't know if I will ever rekindle those feelings, at this point in time, it's not looking as such...

This process of trial and error with the herbal supplements has been quite interesting, it really has...I believe I have narrowed it down, to a select few, for

the most part I feel quite good, its just that initial burst from the Swisse experiment, that threw me off a little...

I will be very interested to see the response from the Attorney General regarding my situation, I do believe that he has a duty of care in relation to his role, especially when it comes to governance...

I have grown quite fond of this beautiful little Italian waitress, shes quite cute, she truly is, the more I get to know her, the more I like her, I am going to ask her if she'd like to catch up one time after work, I have to be delicate, and deliver it in such a way that is respectful, yet confident...

I just have a good feeling about her, I think that we would get along, she does seem to be interested in me, its quite a lovely connection, she is quite a beautiful person.

I think I have definitely found the combination, in terms of the supplements the key was to double the dose of Valerian, it really helps to take the edge off! I am not sure of the potential long term side effects of taking such a large dose, but I guess only time will tell...

My mind is quite relaxed, yet also still functioning quite well considering that I have taken enough to put an average person to sleep...its quite odd that it should function like this with me, considering that I am normally quite sensitive to sedatives...

I need to explore this Iboga next, there are also a few more supplements that I also haven't tried as of yet, which are certainly more than worthy of exploring....

I need to look at sending an email to Swisse, I would like to know if they intend on getting into the market of Nutropics, its certainly something that I am extremely interested in and would definitely like to explore further...

I will look into some more publications and suggestions, I am however wondering if doubling the dose of Valerian had an impact of X, would I simply also need to double up on the other supplements, suffice to say, what would be the impact of this, especially with the Brahmi...

I recall how much I slept in the psych ward, during my last visit, and now I don't need to really sleep at all, that's quite interesting in terms of contrast...

It's a shame that they only allow one visit every twelve months to SUSD, I could have actually have done with another stay there, I really could...although I guess on the flip side it has taught me to cope on my own, in the absence of that support...

Having that little romance with Haley made the time there quite special, it truly did, that was a rare little gem, it didn't last, but then again, I don't think it was meant to, these things often have a life span, especially given the severity of her mental state, I do wonder if the heart issue wasn't merely an excuse for receiving support for her more deep seeded issues...

I have at the very least out of all of this, some really fond memories, these little windows of happiness, that seemed all the more precious in light of the complete chaos and despair at the time, my mind is cast back to something Jordan Peterson said, in terms of suffering being a requirement for the brains evolution...

Again I guess it comes down to elasticity, and this is merely another form of this, its about the diversity of activity in the brain, and ensuring one also keeps all of the regions active, for the moment one entertains dormancy, all is lost!

I feel quite OK for the most part today, the paranoia seems to have subsided, and all in all I feel quite good, my mind is finally at rest...

I had somewhat of a panic attack in the early hours of this morning, I was trying to recall, at what stage I was in the office building in town, and for the life of me, I couldn't figure out what had happened, because it was at the time that I had the BMW, yet, I ended up back in the factory with my first psychosis during this period, perhaps it was my second episode...

I'm really unsure as to why I ended up going back to the shed, I really should have just abandon it, I really should have, when I had the chance, I should have just left it as it was, and walked away, I really should have, there was no need for me to go through that...

To say I am still a little bitter, about not only my mother, or anyone for that matter checking on me, to this day, even though I explicitly expressed to her the difficulty I would have returning there, I am still quite surprised by the extent that I endured the pain and the suffering that I did, how I clung on to life, aside of the pain and discomfort, it was then and only then that I come to learn the true value of it...

The thought of suicide had only again entered my mind with the thought of this court case, I had endured what I had in the shed, but I certainly wasn't prepared to endure the uncertain pain and anguish that awaited me if I were to be imprisoned...

I feel what ever Karma was due to me, I certainly paid my time...

There have been these magical moments in my life, Carmencita, was sent to help me, at a very difficult time in my life, she was there, she was able to help and support me, it wasn't easy to say the least, I remember breaking down

and crying when I saw her in the park that day, it was such an intense and emotional encounter, she was a brief anchor in a moment of insanity...

She will always have a place in my heart, I love her dearly, I truly do, she is such a beautiful woman, such a beautiful person, she was there for me, when really no one else was, with the exception of the Mechanic...

What have I learnt from all of this, what have I gained, what insight have I gleamed, from what in essence has been a 5 year long journey, to which I feel like it is only really now that I am beginning to really be free from this affliction, for want of a better word...

I have been carrying this in silence for the majority of my life, not necessarily out of shame or guilt, or an unwillingness to talk about it, but simply due to the fact that I hadn't recognised it, it was so much a part of me, and it was only in the last few years, that I decided to get help...

In saying this other than providing me with labelling, I never truly knew what it was, in terms of identifying it, nor even given the necessary mechanisms to cope with it on a daily basis, there were no real strategies, no guide, no insight...

The thing that hurts me the most still to this day, is when people say, I don't think there's anything wrong with you...although somewhat generous, they only see what's on the surface, they don't see the struggles, the down time, the isolation, they aren't privied to the paranoia, and virtually no one even knew that I was experiencing a psychosis...

For the very mechanism that ensured my survival, being that of my ability to cloak what was really going on, was also my biggest downfall...

See that's the thing with partners, is that they are never really interested in going beyond the superficial, getting to know the real you...I feel as long as we continue to maintain this buffer, with our friends and loved ones, we will never truly evolve as a society...

I think this choose your own adventure book series might be an interesting way of addressing this, I truly do, I think it's really a long time waiting...ironically the very thing to which I sought respite during my teenage years, is the very thing that might actually be able to help bridge the gap...

I think everyone should take the time to volunteer working in some sort of mental health related role, I truly do, I think there is a real lack of understanding and insight surrounding "mental illness" there truly is...

If I had to take a guess, I'd say less than half the population has any sort of real in depth understanding, so many people claim to know someone suffering

from it, its almost like saying, eating Chinese food gives you an understanding or insight into their culture...

People for the most part really don't have the faintest idea of what its like, what really gets on my goat, is how flippantly some people say they are feeling suicidal, when you press them on it, they are merely feeling depressed...there is a considerable divide between feeling depressed and wanting to die and seriously contemplating taking your own life...

I have been at the end of a rope, had my head in an oven, overdosed on pills, walked in front of a truck, I'm still here, I have had serious attempts, some have even left me with permanent brain damage, and there was the spinal damage to my neck with the attempted hanging...

Yet on the surface, you wouldn't know, you'd think I'm completely normal...

There's a reason for that, from an early age I was made to feel as though I was a burden, I was made to feel guilty for even existing, so this meant I learned to keep a low profile, this also meant there wasn't any room for bringing such a thing to the attention of my parents, given it would also show weakness, and that was the last thing I needed my father to see...

That time in the shed, really gave me time to contemplate a lot of things, I would peel back the layers of the onion, I would regress so deeply in to my mind, this relentless pursuit for answers, I would ended up getting lost in there...

Isn't it funny, when you get to the core of it, at my most vulnerable, I felt as though I was infected with this virus, an interesting analogy really...to think when I stripped it all back, when I went back to the core, this was the conclusion, and that I was better of dead than potentially spreading this to the rest of the world!

Its so peaceful here on this porch, it really is..!

It's interesting, no one really asks how I am, we don't ask that of one another any more...we don't ask that in passing like we used to...is it because deep down inside we don't want to know, or is it because we stopped caring???

Its interesting I get this overwhelming feeling sometimes when walking through the library, and that is of all the books, all the knowledge, all of the insight, for what purpose has it truly served, there seem to be countless insights into each subject, so be it all with their own unique perspective, but really if one need insight into a topic, one really needs to explore it personally.

By all means, use these books as a guide, in much the same way one might use a recipe book to understand the basic science and methods behind cooking, it

should merely be a starting point, a reference, an introduction, for anything other suppresses ones ability to create something unique!

I finally feel as though I have truly managed to relax my mind, and also potentially heal it in the process, yes it has been a long and somewhat arduous journey, suffice to say, if I had only stopped taking the medication sooner rather than later, I do believe I would have sufficiently increased my capacity to recover...

The congestion in my mind is finally gone, the confusion, the scattered thoughts, I am finally waking up free from this, at peace, at ease, able to cope and do so far better than I ever was prior to any of this happening...

I have a new found clarity and insight, its been a hard road, but I believe I have finally found it, the key all along was to work through it as it occurs, not to suppress it, to acknowledge it, be intimate with it, be at one with it, and most importantly, be at peace with it!

No more music, not today, no longer will it dominate my existence, I no longer require the crutch it provides me, it will no longer be a necessity, instead it will compliment my life in moderation, I will learn to be at peace in the silence...

Never underestimate the spiritual attributes of a shower...

My mind was cast back the homestead, the white house, with the white louvers on the corner near at the roundabout, near the hospital, with the Bungalong tree, the stone that rested there, why was I drawn to this place, what did it mean, what did it represent, would it in fact serve some future purpose...it was white after all...

What do these memories mean, what was their significance, sure one could merely dismiss them as part of the delusion, part of the psychosis, I'm not sure that I am willing to dismiss them so easily though...

I am actually of the opinion that this is in fact another reality, that psychosis provides one with a unique augmented perspective on the world, on that really can't be acquired any other way...

What does this say about the reality we live in, at the core of it, that those suffering will potentially be granted a peek into this world??? Is this some sort of in built safety mechanism, given the vulnerability, sensitivity and compassion granted by mental illness, is the some sort of preliminary exam, some sort of test, at the extreme end of the spectrum, does one get to gain access to an entirely new reality all together???

If there truly is a creator, for what purpose did he reserve "mental illness"???

The security guard is sitting here stalking me at the moment, I don't feel particularly comfortable about his presence, he isn't coming over to me, he has decided to just sit there and stare..!

I'm in a public space, I'm not doing anything wrong, why cant these people just leave me alone, I do question why people such as this, apply for these types of positions, I truly do...well actually I know the answer to that, it is either out of a genuine need or desire to protect people, or it is out of a need to exert control over them, there seems to be no in between!

I simply refuse to make eye contact with him, he can stare me down as much as he wants, I am simply not going to acknowledge him, he simply doesn't warrant it..!

This is by no means a judgement, it is merely out of my own self respect and suffice to say lack of interest nor desire to entertain any sort of interaction, I'm simply not interested!

I felt a temporary burst of anxiety, I need to not allow my self to succumb to the influences of the likes of such people, I really do, I need to strengthen myself, I never used to be like this I never used to be this sensitive...

I guess on the flip side, its better than not feeling at all...

There is an agent hovering around...interesting...no matter how discrete they try to be, they always give them selves away...

This anxiety, this emotional roller coaster that trading the markets puts me on, I have to learn to some how separate myself from it, emotionally and mentally...its not healthy, it really isn't and each time I say I wont do it again, I come back for more...

I have to really address this subconscious desire, why do I feel the need to put myself through this, what is the deeper meaning here...I really need to value myself more than this, I truly do, its not healthy, it really isn't...

He is still here, hes just moved around the corner, I'm going to wait for him to leave, he really makes me feel uncomfortable...

He didn't feel comfortable coming out to see me on the porch, interesting that, I guess he's waiting for me to have to pass him, that way he has the upper hand, well that's simply not going to happen!

I must stay completely composed, I realise that he has to go back across the bridge, and I'll be able to sight him leaving...

I might have to activate my Ninja invisibility...

I finally feel at peace, its nice, I just wish I could sustain it or at least experience it more regularly, although perhaps this isn't possible, for it is after all the opposite to that of feeling at unrest, is Nirvana only possible in opposition to the equivalent of complete mental chaos, torture and suffering???

For what ends are we granted access to such a range of feelings and emotions...for what purpose, I am personally of the adage that they are there to entertain the likes of others, the observers, for they promote action, diversity, variation, thus visa vie, serve to entertain..!

Acceptance if this is something I would imagine most people would struggle with, for it reduces there purpose here on this earth as merely a superficial means of entertainment, and in accepting this, one is forced to accept that they serve no higher purpose, that there sole creation was almost done in jest...

What becomes of those who realise this, how would you live your life, knowing that you are merely a puppet, that there is no such thing as free will, that unbeknown to yourself, you are in fact merely playing a role, of which your destiny is predetermined, and has been for generations..!

What if there were in fact a computer, so powerful, so complex, so advanced, that it is in fact capable of calculating every possible event and every possible outcome, and the sheer purpose of our existence is merely to provide it with enough scenarios in order to refine its calibration..!

What if in the grand scheme of things were are merely items of computational inference???

What lay in store for those who challenge the system, those who question its integrity, those who hold it accountable...are they even acknowledged, or is any evidence, historical or otherwise merely swept under the carpet???

What becomes of those who challenge the system, those who defy its mandates, restrictions and subsequent suppression???

I wonder, or do those who figure it out merely granted a position of power an influence???

One must ask the question, does one sell their sole for such a position, such an alliance, for clearly they would not allow anyone to threaten the construct...

It might be time for me to step up to the plate and start sending a few emails..!

I don't feel like I wish to speak to the mechanic anymore, I feel as though my time with him is done, I never have been able to trust him, and I really need to eliminate those sorts of people from my life...

He never did answer those questions I posed of him, nor did he even respond, he did seem to though in a somewhat abstract and indirect way almost try to justify his reasons, but I knew all along, who he worked for..!

August 8th It almost seems like a lifetime ago now, equally so it feels much the same, for the last time I had so much clarity, I do wonder as to whether it is a positive buy product of this trial supplement...

Its quite eerie, its composite is similar to that of the compound that was made for me in hospital by the agents, that was a real head trip, and I spat most of it out...

They have my full name and details, have they actually finished what they started, did they complete their studies on this composite, did they perfect it???

Acting Sergeant Preuss, 4033212 Constable Ladell, Cloe, 3:52pm, August 8th, 2023

I am somewhat disappointed by the universities recent actions, namely that of calling the police on me, I really don't think that it was warranted, at all, I think it was a little extreme and excessive, I really don't appreciate it.

I simply didn't answer any questions, and I ensured them that I didn't understand and was a little confused, I didn't play into their little game, not this black duck!

I am choosing not to entertain this too far, I will however send an email to the police regarding their visit and the legitimacy surrounding it if any...you know I am really not too phased by the whole thing, I promptly sent an email to the director.

I am not sure what will come from this, I would however appreciate his support, and hopefully he intervenes, that's all I can ask at the end of the day. I might be able to gain some after hours access, I will see how I go, that would be the ideal outcome!

I am trying to change my normal response mechanisms, I am consciously choosing to not allow it to effect me, I am not going to allow it to dominate my thought process, these sorts of things still manage to illicit a response in me though unfortunately!

I just hope that this doesn't impact on my ability to use the facilities there at the Uni, I really don't, that's the last thing that I need, it really is, if I lost access to that I simply don't see any reason to stay here, I really don't!

I really need to stop pushing the limits in terms of my stay at places like this, I really don't, I do to some extent bring it on myself and I do have to take ownership for that part of it, I really do, and I need to stop sabotaging opportunities such as this.

I feel as though I can deal and cope with anything at the moment, I truly do, I just feel like it rolls right off my back at the moment, I will not be intimidated by the likes of the police, I really won't, I simply won't stand for it!

I reconnected with Holly again tonight, that was really nice, I am really quite fond of her, she is quite a beautiful person, it's good to see her off the shit, it really is, it just doesn't suit her, it really doesn't.

I am in a good place right now, I really don't need to go there in terms of corrupting my mind with the likes of some of these injustices in the world, I really don't!

I find the law fascinating, it's interesting how it can claim to regulate so much, even so far as offering immunity from liability and prosecution for corporations, yet sits idle when it actually comes to protecting that which really counts, and that is the vulnerable members of society, in which case it fails miserably!

The general scope of law, suffers miserably if its true intent is to protect people and property, in which case there are countless abstractions that not only contravene this basic function, but also clearly impinge on and even go as far as to attempt to revoke the rights of individuals...one only need look at the acts of the Crown towards that of its indigenous to see clear evidence of this!

Apparently an "act of war" permits acts of murder, imprisonment and even torture...one can drop an atomic bomb on an innocent civilian population and actually be excused...

It's quite profound these supposed powers, that the individuals associated with these corporations gift upon themselves, it truly is, when technically no individual can be granted more rights than any other, this is the basic premise of law, therefore a government can have no greater right than that of an individual!

Aug 9th I went through absolute hell this morning, it was a tough morning, just as I was starting to feel clear about everything, just when I thought I was on

track, I thought that I had acquired this clarity, and yet the very next morning, every possible negative thought, every concern, every worry, came flooding into my mind, at a rate of knots...

No matter how much I remind myself, that it will pass, that it is only temporary, still whilst in the moment, it feels as though it is there for an eternity...

I need to calm my mind, I need to look at going back to the original dose of Valerian, I really do, I have had such a significant increase in brain activity since ceasing the use of the anti-psychotics and the antidepressants...

I just need to calm the mind, I really do, I can't continue to burn at this rate, I really can't, I simply don't think it can be sustained long term...

I shouldn't be running through all of the concerns of the world, mental health, policies, the injustices that exist, the nature of the construct, and every possible fundamental detail of all that is wrong with the world...

This is all way too much for any one person to take on, it truly is...

I'm just not sure if I can preoccupy my mind with too much of the likes of these sorts of concerns, or if I am going to I need to really start taking more of a proactive approach and I need to open a dialogue between key administrative powers, in order to at the very least get some closure, to at least feel as though I am making some effort towards making a change!

I am getting at the very least a sense of some sort of closure with this process, I am at the very least feeling as though the very process itself is providing me with some sort of therapeutical support, I guess it comes down to the act of expression, and not feeling so isolated in this struggle, in communicating my frustrations, it somewhat manages to dilute the pent up frustration associated with having to keep it bottled up inside!

To whom it may concern,

I write to you in the hope that you might be able to shed some insight as to why the direction of most countries seems to fail to not only acknowledge, but even as far as to appose not only the suggestions and advice of leading industry professionals, but that of empirically proven scientific approaches and evidence, in light of a majority of these strategies to have been proven successful in other countries?

I refer to examples such as that of drug reform, education, mental health, law enforcement, common law principles, human rights conventions, economics and even the basic operating principles surrounding democracy and the associated governance.

Why continue to ignore the voice of the people, why we are so quick to cater for the needs of the corporation, even to the demise of our populace, why we make very little or even any effort in curtailing corruption and the manipulation of our system, in light of the negative impact on its populace.

I am of the understanding that given the numerous instances whereby one can actually be prosecuted for any act that subsequently directly or indirectly causes harm to another, is subsequently illegal, including but not limited to inaction and neglect, that are the actions of our very own government not guilty of such an offence???

I struggle with the governments justification in passing Acts and legislation, that both contravenes and proports to take away the basic human and fundamental common law rights of its populace, irrespective of its very own legislative process claiming to protect one from the contrary!

I struggle that irrespective of the fact that the government benefits from the proceeds of crime and is also guilty of criminal activity, how it is not classified nor deemed a criminal organisation...

There certainly seems to be considerable double standards, for that of the conduct expected of its populace, versus that of the very construct established to regulate and enforce the very principles!

I struggle to understand as to why a government not only seems to ignore its very own laws principles and standards, but even goes as far as to exploit its seemed immunity and even further still actually profits from such a practice, I refer to such examples as that of revenue that is knowingly collected from the likes of fines, rates and taxes, in the complete absence of any legal foundation.

The continued corruption of our legal system, in light of the known issue surrounding crime, corruption and even drug use amongst our law enforcement, we still don't employ any means of regulating, governing, or even really protecting against this, the police are not drug tested, evidence is not properly audited, proceeds from crime are not properly reported nor processed, we actually still promote self governance and internal investigations.

We intentionally create and promote an environment that not only facilitates but actually promotes illegal activity amongst its officers, buy means of certain mechanisms, namely that of providing inadequate protection against the influences and threats made by criminal cartels.

We knowingly promote and foster financial relationships and even as far as debt binding contracts with known criminal enterprises, including but not limited some of the largest criminal cartels and organised crime syndicates in

the world, and both directly and indirectly profit from dealings of these organisations, via such associations with leading financial institutions, irrespective of their known public criminal ties!

We not only go as far as to not prosecute any of the players in these situations, we actually go as far as to in act legislation to enforce it, this sadly extends well into our parliament and administration as far as to even offer immunity to those operating under the Crown.

The Governments recent attempts to retrospectively apply legislation to protect public officers and the subsequent processes surrounding the lack of compliance with the adequate swearing in of these officials, including but not limited to them acting illegally, i.e. impersonating a government official!

I'd even go as far as to speculate that the lack of confidence, frustration and anxiety resulting from this framework, is more than likely a contributing factor to the overall degeneration in global mental health given the statistics proportionally align, as far as the continued decline of here said confidence, in a government to do what is legally, morally and ethically right by its people.

One could even go as far as to say, that the recent actions of government, namely that of the the imposed sanctions and subsequent negative impact on the basic freedom of its populace, being that of the restrictions associated with Covid, have significantly contributed to and even been the sole cause of the increased suicide rate in its general populace...

Statistics actually indicate that the increased suicides actually outweighed that of the lives saved as a result of the sanctions, especially when one takes into account the morbidity rate associated with the vaccinations in question.

This has been further compounded by the governments failure to provide the adequate supporting infrastructure to cope with this fundamental shift, it even went as far as to knowingly mandate and force its populace under duress to engage in a medical procedure, in the full knowledge of the dangers and potential harm associated with it, even going as far as offering immunity to the here said manufacturers, also knowing full well that the vaccination in question served to neither reduce nor inhibit the spread nor contraction of here said virus!

I am feeling not quite at ease today, I think I might have to stop taking this Swisse formula, its this feeling of being unnecessarily stimulated...

I realised this morning that I should not preoccupy myself too much with all that is wrong with the world, that if I focus on being the best person that I can be, and just keep pushing forward, I also need to ensure that I apply to these countries for a seeding grant for these projects, I really do!

I also need to finish this trading system, I really do, I have left the investors waiting far too long, I really need to just get it finished, it looks as though the volume approach might be the way to go, I could always potentially combine it with other strategies.

I'm going to ask of the AI to run a deep analysis of the volume and decide on the best approach, I would be curious to see what it comes up with...

I could even potentially use the previous code from the volume analysis and perform some sort of count, what I am ideally looking for is a clear incline or decline in the volume injection, I think based on my previous knowledge, I would be inclined to place an order with a delay after x injection...

I need to remind myself, of all of the positive things I have to look forward to, I have some real potential, I have a good mind, as much as I might struggle at times, for the most part, I am extremely capable and insightful, I have a unique mind, that is extremely capable in terms of problem solving and I especially excel in conceptual and creative processes!

I also need to pursue this possibility of earning an income doing this Google related work, I really do, I need to really try a few things, for there is no reason I can't have a few things on the go!

I am just going to learn to enjoy these mini episodes, they really do help to break up the monotony and mundane nature of this reality, they really do!

I need to remind myself that I define my own reality, I shape my own destiny, don't get me wrong I'm not completely deluded, in the sense that I realise the interactions and external factors that can influence and in some cases even completely alter this trajectory, in saying this, all of these previous instances could have been avoided had I actually, listened to that little voice in my head and followed my intuition!

I can't change the past, I can however choose how I live it from this point forward!

I need to not allow this flood of thoughts, that occur every morning, not to influence my being, I am still somewhat unsure of how to regulate this though, given I am still waking up and still initialising the very resilience required in order to control it!

Having access to this level and depth of thinking obviously comes at a price, its a double edged sword, having access to that level of I guess power for want of a better word, means you also have to have the discipline to be able to direct and control it responsibly...

There is this older women across from me in the restaurant, I am intrigued by her, I truly am, I love older mature European women, I really do, there is just something about them, especially if they have aged well!

I will get through this, I just have to have faith, I have done all of the ground work, I know what needs to be done, I have done all the research, all of the reading, I have a thorough understanding, I have a fairly deep insight, I feel this way about life in general actually, I feel as though I have kind of explored all of the mainstream options and a considerable amount of outside the box alternatives also, I have a fair idea as to what works and what doesn't work at this point, I truly do!

I definitely think that the AI is the way to go, I am still quite blown away by the exponential explosion that has come about since they made it so user friendly, wow, of course it was inevitable, as soon as the public realised they could make money out of it and these marketing gurus got a hold of it...

As per usual I don't see many people using it to try and better society or humanity with it, no one really cares too much for that, for the most part society is so selfish, it truly is!

I need to ensure that I regularly visualise where I want to go and where I want to be, I really do...

I watched an intriguing interview with John Cleese, he was talking about how more creative minds and in essence more resilient minds are more comfortable with taking longer to find a solution as apposed to hastily making a decision in order to alleviate the discomfort by having something unresolved, and how he seemed to favour those whom took there time with such a process, claiming that they would normally come up with a more unique and potentially viable solution!

I think it might be time soon to go over seas, I'm thinking Malta!

I have been sitting on this long enough, I really have, its time to hit the button, I can no longer live this life, in the context of this lost potential, I really can't I really need to take it to the next level, I really do.

I am going to spend this week with the AI and work on a few more trading bots, then I am going to give it a kick in the guts. No more risky trades, no more manual trading, I just need to be patient, I just need to let it do its thing, I think the best system however will be one that trades a heap of little trades, and takes a lot of small profits, with as little exposure as possible, no griding algos, no doubling up, no excessive leverage!

I just need to make a reliable consistent system, I could easily pull 10% a day out of the markets, without breaking a sweat!

I think this volume analysis is the way to go, I truly do, I just need to get the AI to effectively identify the underlying narrative with the volume, which it has already done, then simply write an algo to trade based on this criteria!

I just need to stay on top of it, I simply need to keep a positive mindset, I truly do I will get through this, and I will not only get through it, but I will well and truly excel at what ever it is I want to do, I really will, because I am certainly not lacking the required intelligence to do so!

I need to focus on me, I need to stay focused on finishing this trading algorithm, I really do, I am almost there, I just need to stay focused...I have put so much time into this, I am not about to give up, I'm really not!

Will China and Russia take over the world...quite fucking likely, the U.S. will attempt to confiscate their wealth with the advent of a global currency...yeah good luck with that one!

Getting back to my core focus, what really matters, I have a phone interview with Dubai tomorrow regarding a possible residency, it will be interesting to see what they have to offer.

I just need my routine and I need to stay focused, at this point in time, he I would love to entertain the notion of something other but its just not going to happen at this stage, its really not, I don't have any friends here, no social network, no real support, its almost a case of back to that state of when I was a child...

I probably need to update my resume at some point...

It's interesting the waves that I were experiencing, the anxiety, the uncertainty, the doubt, the fear, have become less and less frequent in their presence, I feel as though I am experiencing a considerable shift, both mentally and spiritually...

I realise that I don't really have the time for Holly anymore, I really don't she will just constantly continue to deplete my resources if I allow her to...or anyone's for that matter, its who she is, its what she does.

If I had to hazard a guess I'd say she has gone back on the gear, her skin, her face, she looks terrible, she really does, the acne, I don't find it attractive at all...

Well yet another solicitor has denied me of their services, its no surprise really, it really isn't, not in the slightest, they are all so inherently and deeply corrupt, they really are...

No one seems to want to touch this, they really don't, its of no surprise really...

They are desperately trying to get me to resonate at a lower frequency...what is it that they are afraid of...those not living in a perpetual state of fear and their subsequent ability to challenge the system as a result???

I'm choosing to look at this path, these challenges and subsequent experiences, especially those that have previously caused me greivance, from a new perspective, being that of one of being great full for the oppurtunity to be exposed to and partisan to some of the suffering and struggles of my fellow human and equally so the oppurtunity to convert that which is quite an uncomfortable and unpleasant experience into that of a positive and productive outcome...being great full for my Karma!

I think once one manages to make that transition, from that of a victim, to that of merely a participant, and even as far as removing oneself emotionally from that situation to that of an observer, and even further still, that of a consultant, then one truly experiences somewhat of a profound shift in their over disposition, both mentally and spiritually!

KEY POINT

When one chooses to view the world from the perspective of a puzzle, needing to be solved, one manages to isolate themselves from the very effect of the mechanisms employed and their usual intended outcome, and one truly manages to rise above any interaction, normally intended on inflicting pain or discomfort!

The moment one manages to transcend the Matrix, is the moment one becomes truly liberated from the very construct, for who's sole purpose is to control and imprison ones mind!

I realise that I had been looking at this wrong, the entire time, I guess to some degree I have to acknowledge the influence of my disposition in this perspective, and the subsequently limited perspective resulting in my associated conditioning...

I had very much been looking at this from the perspective of a victim, with somewhat of an apathetic attitude, I have literally lost years due to the fact that I had lost all hope, I didn't see the reason in continuing on, I lacked the necessary motivation and constitution, even as far as the mental strength and maturity in order to deal with life in general.

It is extremely profound, the subsequent fallout for want of a better word of this sustained psychosis, and everything that led up to it...it is profound beyond words!

For me I now see the absolute worst case scenario, of that of going to jail, as nothing more than an opportunity to experience first hand the grievances of those incarcerated for nothing more than some punitive judgement, that holds no merit, for victimless crimes, and for that based in somewhat questionable legislation and a system fraught with injustice!

Those who really should have been diverted into mental institutions and sought the relevant assistance long before they even contemplated committing any "crime"!

At the end of the day, I have to ask myself, is this really a battle I want to enter into at the moment?

I think I need to focus on presenting my argument to the prosecution, namely that of also presenting to them the grievance that their subsequent actions have caused me, I think that it is considerably important to stress this.

They have no case at the end of the day, they really don't.

Of all the things I have explored in terms of potential outcomes, direction and where to best focus my efforts, it is that of forming an alliance with some sort of body, or entity, in order to be able to best leverage off of these ideas and concepts!

I need to also look at upgrading my resume for Linkdin...or do I just find some way or means to publish my articles surrounding my concerns and attempting to promote thought that way?

Aug 20th, I have lost motivation to write today...

I needed to calm my mind, I had a nap, that proved beneficial, but it also left me feeling a little brain dead, although in the grand scheme of things, that isn't necessarily a bad thing..!

I'm here at my favourite place again on the water, however life in general is starting to lack a little lustre for me at the moment, it really is...

Its hard when you see how much injustice there is in the world, to just go on with your day to day, although one needs to remind themselves, they don't have to dedicate their life to righting the wrongs of the world, just as long as they make some effort towards standing up for their fellow man and not being completely complacent to it like the rest of the world!

If just 1 percent of the world spent 15 minutes expressing their discontent, to either their discontent to either their local council or government, it would really help in making them more accountable, for they simply are not allowed to ignore such things...

I am going to pose these questions to every single government of the world!

I feel as though most of the population is merely on autopilot...simple automatons...sadly 90% of them aren't even aware of it...

I've finally figured it out, I have managed to refine a strategy that works, and it requires a diversity in the orders, at least 2 different currencies, three is ideal, it simply smooths out the fluctuations in the price and ensures that its not too heavily weighted in one direction.

Its all about being patient, and placing a series of orders, only and only at the absolute outer limits, and only with a decent amount of consolidation, one should never jump the gun or try and anticipate the direction of the market, only move on substantial injection from the institutions!

Also always seek out opportunities that break new ground, don't fall into the trap of believing that just because the price went there previously, that its going to return to that area, it may never do this, given that the orders may have very well cancelled themselves out...

When I place a trade, I need to have faith in my decision, knowing that I was of a calm and a clear mind when I placed the order, knowing that I carefully reviewed and assessed the entry point and knowing that my oscillators are accurate and giving me sufficient enough insight into the markets, namely that of their true direction!

I am a little disappointed...well I'm quite pissed actually, at the universities response to my request, instead of providing me with a response, they had a security contractor speak on their behalf, they have taken the opportunity to simply muddy the waters, and instead of providing clarity have done quite the opposite...

I have do remind myself to no longer allow myself to be subjected to nor effected by this level of manipulation, especially given my disposition, for it can become extremely amplified and can end up going around and around in my head, for days, even weeks!

I'm at peace, I have gone through the motions in my mind, I am simply not going to allow the likes of this institution effect my mental health and well being, I'm really not, that's their burden to bare!

I haven't heard anything back form legal aid...funny that...

I am still waiting to here from the courts, I haven't had a call yet....

There are some days there I feel like I can take on the world, and others where I am seriously doubting my ability to do anything, I can't seem to maintain consistency with the trading...

I really don't know what to do at this point in time, I really don't, I might find myself without legal representation as I seemed to have burnt through all of the available solicitors in Townsville...

I'm really not sure what to do at this point, I'm really not...

If I have to represent myself, then maybe that's just how its going to have to be...

I need to follow through with applying to Dubai for this residency, I need to get out of this country..

I feel as though I will never fully grow or mature if I stay here, I have been here for too long, and yes OK I have developed my mind considerably in the process, I have studied in some really interesting fields, however my most recent pursuits have been somewhat solitary and cerebral...

This journey, shifting in and out of psychosis has been somewhat of an interesting one, I am of two minds about it, for the most part I am quite great full for the experience, yet there is a part of me that wishes that life could have been simpler...in saying this I wouldn't have had such an entertaining time...rich with this surreal tapestry...this reality.

I need to take some time out...

With this letter to the prosecution I am going to have to outline my concerns, I'm also going to have to be quite direct in voicing my discontent with the conduct and the associated actions of the police and the justice system...

25th August I blew another trading account...when am I going to learn...

Why do I continually subject myself to this...why do I feel the need to torture myself in this way???

I need to really go deep inside my mind, I need to go really deep...I need to seriously question the core of my existence.

I saw a white angel today, he drove a rather nice white Mercedes, he was just leaving, I wasn't fast enough, I should have approached him, I believe such

things exist, I really do, however they are becoming more and more sparse, I have only come across two in the last five years...

Sept 1st, This morning was a little difficult, it started out rather normal, but then I went to the shopping centre, and I was confronted by a stream of narratives, I couldn't walk past certain people, I could even be near them, the stimulus was all too much, the displays in the shop windows, deciding where I was going to sit, what I was going to do, I ended up deciding on leaving...

I did find some Valerian, thank goodness, it was half price, I do think it's the only thing that can actually calm my mind in situations such as this.

It's interesting, because it's a very strange process to go through, I am aware that I am not myself, I am aware of the state that I am in, yet I persist, I push forward, knowing all the while that I could simply walk away at any time, yet it tends to almost be a case of morbid curiosity...

Is it in fact a case of me being subconsciously aware of the potential side effects of this state, given the hypersensitivity and thus subsequent neural activity, am I in fact riding a wave of neural plasticity???

I did at one stage fear that through my mere observations I was influencing and effecting entire potential timelines, and also somehow helping to also identify key players and participants in this disruption, given the fact that I had these keys embedded in my subconscious...

Had I been gifted the ability to actually tap into this, was I potentially resonating on the same frequency, in saying that, being innately drawn to these individuals...

Should I even be communicating with the mechanic...???

I am realising that I need to make a considerable shift to my mind, this dynamic, old patterns need to be changed, I can't be entertaining the likes of this island life, of this redacting back into seclusion and isolation...

There is far too much of a politically charged environment over there, as much as I would love to help this community and go over there, I just don't feel as though it's a battle that I need to take on right now...

I have to ask myself the question, is the risk worth the reward, and quite frankly I don't think it is...

I need to stay focused and work on this proposal, I simply need to see it through, I really do, I am going to seek out a private investor for this endeavour, and see if I can't get financing...

I am sure that I will find a philanthropist somewhere for this!

I am slowly retraining my mind to change the perception of my self worth, its a difficult one because it is so deeply ingrained in me, I realised that until I change this inherent programming I am never going to see anything through...

This fear of success is something that runs deep for a lot of people, they have been so conditioned by their upbringing and society, their own sense of self worth shaped and defined by external stimulus and influence that they deep down believe that they are simply not worthy for anything more...

There was this gorgeous women on the beach today, I really felt like going over and saying hello, I was having another one of those moments, where I felt like we were meant to meet, another one of those psychosis based desires...

Its a really difficult thing to experience, a huge part of you is aware of the potential timeline shift associated with such a potential interaction, yet only through a lack of confidence and sense of self worth, was it that I was unable to engage...

Walking away from such opportunities always leave me feeling incredibly anxious...

I wish people would just mind their own business sometimes, I really do, they justify this engagement out of boredom, but at the end of the day, if something doesn't personally effect or hurt you, or your fellow human, then mind your own business.

If my staying on land for free, makes you feel uncomfortable, then you need to ask yourself, what is it exactly that makes you uncomfortable about this...and usually you'll find that it is envy...why should they get to do this, when I have to pay a mortgage and rates...

Well you've clearly never been in the situation where you've had to, you've never lived out of your car, you've never been homeless, otherwise you would have empathy for this persons situation as apposed to having disdain towards them...

Sept 4th I had to briefly deal with the usual mini episode again this morning...its not a nice sensation, I wish I could do away with them all together I really do, I simply don't need them anymore, they are quite draining...

A significant part of me wants to just retreat from society and become a recluse, it really does...

It's hard not to look at the world sometimes and feel as though there is no hope, that people aren't going to stand up for themselves, that they are not only going to continue to accept, but have actually began to embrace this oppression...

I must refrain from going down this rabbit hole, I really must, for it has had a considerable negative impact on my mental health in the past, and to what avail...

Any time the populace attempts to empower itself, they simply change the rules, any time they discover an exploit, its shut down..

Any leader or president that has attempted to alter this direction, this monopoly, to overthrow this silent dictatorship has either been assassinated or simply taken down, or removed from power...

Its OK to go through the early morning chaos, it really is, it helps keep things in perspective, for it serves as a constant reminder of where I have come from, and if at most I am left with this early morning residual of what was, then that's OK!

There is so much information and knowledge in relation to guidance and insight into the human condition, into society and the associated psychology and methodology, of which clearly outlining proven best practices and strategies, they draw on scientific and logical reasoning, combined with what we know from historical practices...

I understand it, I get it, power breeds contempt, and absolute power, well that's another thing all together...

I think this is definitely what government fears, is being challenged by logical scientifically proven methods, by having its techniques and strategies questioned, by causing a rift in their power structure and dynamic...

What we are doing, clearly doesn't work, it clearly isn't sustainable, I'd even go as far as to say, bordering on abuse, for we cannot continue to treat a populace in this way, in saying this sadly governments and corporations have managed to condition it into not only accepting but embracing this prison based architecture!

This systemic corruption runs so deep, it is so subtly and intrinsically intertwined with our being, that for the most part people don't question it simply because they know of no other way, they aren't aware of the alternatives, of the other means of existing...

This is suffice to say intentional, given not only the control over the media, but that of the internet and even as far as historical content, this information is intentionally suppressed...

Although it doesn't have to be this way, it really doesn't..!

So where to from here, well I just have to follow through

103047299

I am learning to maintain a balance between work an life, I am forceably altering my routine, to ensure that I allocate sufficient enough time to each area, for this is paramount if I am to maintain not only a healthy balance, but a healthy perspective on life...

As part of this balance I am also ensuring that I encorporate reading into this, this is to include research and personal development, I.e areas that help to expand my mind and general awareness are highly regarded and valued!

I make an effort read a combination of philosophy and psychology, and also touch on the areas of social sciences, at the moment I am trying to expand my awareness of all manner of disciplines and areas pertaining to the human condition.

We cannot address issues relating to the human condition without including them in the broader context of society as a whole, and its associated construct, for this would be much akin to analysing a leaf, in the absence of the tree...and in the broader global context that of the forest!

I did away with my medication several months ago now, I did so responsibly, I tapered off and transitioned over to herbal suppliments..

The shift has been quite profound, its as though I have regained the capacity I once possessed in my early teenage years, in terms of my computational capacity...

I have however always suffered from an ability to remain focused on one task at a time, and my mind would often be in at least 3 places at any given point in time, and I had been formally diagnosed with aspects of Schizoid personality disorder, as far as the scattered thought processes.

This divergence however has allowed me the ability to execute a parallel thought process, whereby I can not only simultaneously, run diverse thought processing in different areas, but I also managed to train my subconscious to accept a form of partitioning so to speak and I can subsequently allocate multiple tasks to multuiple regions whilst performing tasks with the frontal

lobe.

The ongoing problem I was facing however was due to either noise or an issue with overclocking and chatter occurring between these regions, often leading to congestion, or simply calculating over and above anything that I could practically use...

This is not uncommon with people of these types of dispositions, and it usually leads to frustration, depression and even sometimes suicide...

Having this type of capacity is a double edged sword, for with this level of insight and ability, one also experiences the amplification of not only the negative aspects of their own life and situation but that of the broader global construct, it can be your best friend and your worst enemy.

The mental health system and society as a whole does very little to aid people with such dispositions, including that of Schizophrenia and even psychosis, other than to suppress it, given most 'medications' are actually in fact tranquillisers.

I have been on this planet now for 48 yrs, and endured this disposition for about 45 yrs, in this time I have spoken to more than 15 psychiatrists, numerous psychologists and councillors, and still have been offered, virtually no guidance or insight into living with this to this present day...

It was mainly as a result of my previous psychosis a few years ago that I dare say was gifted this recent insight into my mind, and it led me on a journey, to dedicate the next 3 years to running some serious diagnostic and evaluation based processes on a daily basis, and keeping a regular journal, in order to get to the bottom of it...

I have since through mainly trial an error and through self awareness and education, have managed to not only resolve this, but actually convert what was happening into something quite usable, and make it an attribute, and in doing so also negate the previous negative aspects.

I have discovered mind programming techniques and ancient herbal remedies, that when combined have not only addressed the symptoms but seem to have actually remedied the problem itself...

I am planing to share these findings with the community, and to publish these findings and techniques making them available by donation, I'm not looking to get rich of this, however I would like to fund its future development and projects to address mental health in general.

If you know of someone with a disposition or disorder, please be compassionate, for the frustration you might feel is merely a whisper of what

they are living with and their internal struggle!

Some days I do struggle with whats going on in the rest of the world, I really do, when are governments going to be held accountable for acts of war???

I'm not sure I can go too deep into the journalling today, I'm doing some reflection, although trying not to get trapped in the past, although its important to occassionally reflect, one should not get caught in the past...

It was an interesting process to have documented my psychosis though, especially in such detail, I'll go through this one day, it will be interesting to see the shift in my thought process, especially when I was in deep psychosis...

The question is what becomes of this reality, is it any less real than the reality to which I reside now, that's the million dollar question at the end of the day, for my perception is now more aligned with the norm, the indoctrinated and conditioned thought process and general perception adopted by the majority...but what, just what if the prior was actually the true reality???

Its interesting, how the alternative thinkers, the mystics, the philosophers at the time such as Descartes were able to see this present reality, nearly 300 yrs prior, so what does this say, further back where does this place the likes of Nostradamis...

What be it of those who haver revealed the injustices of the world, as the likes of Assange, now in exile, yet not a single international court nor government will come to his defence...

What part of this narrative is actually still running, what part was actually founded in "reality" versus that which was merely imagined or means of an altered perception...

When I look back, I simply asked myself, OK, of all the things you imagined were happening, of those what was the actually probability of these scenarios actually being a reality, and well given the some of the bizarre situations I found myself in I would dare say that a considerable percentage of these scenarios were highly probable...

My connections to certain literature, the fact that there existed a narrative within a narrative, one must ask, was the abstract and etherial nature of some of these writings actually intentional, was it a means of encoding this information...

I still seem to struggle every morning, at least for that first hour, it can be quite tough, I really don't see this subsiding in the future anytime soon...

I think that I have also come to the realisation, that as much as this new routine serves a function, it doesn't possess the flexibility to adapt to the particular brain chemistry or de-meaner on the day, as far as if I am feeling a little burnt out or overwhelmed, there is really no point in pushing through attempting to work, for then one only feels forced into doing so and can potentially become resentful of the process, almost to the point of not wanting to perform the task at all...

I think the more healthier approach would be to retain the original structure, and that is to do what is best suited to my de-meaner or inclination on the day, this allows for more of an organic approach...

Do I think that I can create a much more efficient, effect and compassionate approach to mental health, absolutely, not completely unaided of course, but I have the strength of this not only unique but seemingly somewhat accurate and efficient means of deduction and analysis, in addition to my dare say habit of challenging even my own processes and beliefs.

It's that fine balance of objective and subjective, and being confident, yet also be able to and willing to question one's stance in the light of new evidence or a different perspective...

I know I have already touched on this, but I feel that it needs to be revisited, and that is, mental illness is much akin to the difference between a flower and a weed, it is merely a case of judgement, and in the case of mental illness, it is seen as a burden, something unattractive, especially when compared to the flower, and having no use, no application...

This for the most part, or at least in part holds some truth, but this is only due to society and more importantly practitioners not being able to see past the surface, the physical appearance, the object in its current form, were as a scientist or biologist would be inclined to examine the entire object, its construct on a biological level, from its tip right down to its roots...

Suffice to say if one were to take this same approach to mental illness, one would come to realisation that yes on first appearance it would seem somewhat unattractive, and of not only have no particular use or benefit, even as far as attempt to completely eradicate it...

This is where it fails, for it fails to recognise that within this structure, this construct and this framework, exists something extremely powerful, and extremely useful, for within this construct resides something incredibly unique and that is a system and a process that has simply reacted to its environment and instigated and initiated a series of measures as a means of self preservation...

Schizophrenia has even been referred to as the cancer of the mind...

When one gets to the core of any “mental illness” it is merely an autoimmune type response and reaction to disease, and more often than not this disease is contracted in the very environment to which actually passes the blame on to the infected rather than look at itself as the cause...

I believe that all depression, stress anxiety and even psychotic dispositions can be attributed and traced back to environment...it is either consequently a result of interactions of the required quality and substance or due to negative interactions, inputs and stimulus...

Where the industry of mental health fails its “consumers” is its failure to acknowledge and subsequently diagnose and treat them with this as the foundation, and tends to more look at and address their reactions to this environment...

The industry in general needs to also look at rather than trying to look at the foalage so to speak start at the roots, and I propose that it does this by firstly addressing the very core of though itself, the very qualities, values and attributes of that person, all the while trying to ascertain the context to which they perceive life in general...

For at the core it is the context, to which determines the texture and the very nature of the canvas to which one paints their perception, suffice to say if the canvas is flawed, rough and uneven then this gravely effects anything painted on it, and subsequently distorts the image as a result...

Artists know this all to well, they know you have to make sure that you stretch the canvas evenly, with equal tension, so that the surface is flat and free from distortion, then you need to prepare and prime the surface, then you apply a base coat, usually white, in order to provide a clean platform in which to lay the image...

Suffice to say, if the canvas is of poor quality, then this is going to impact the longevity of the image, as much as is the case of our very own foundations!

From my own personal experience, through a considerably drawn out process, taking more than 40years, I found out the hard way, that it wasn't until I stripped everything back, right back to the canvas, that I was able to correct the subsequent distortions and imperfections in the image...

No amount of paint placed over the top of this canvas is going to correct the issue, and more often than not its only going to add to the distortion, cracks start to appear, then eventually one day, the image that is perception either starts to seriously deteriorate, or entire section of the image fall away from the canvas entirely...

It has been found that by shifting the basic attribute of context in terms of our perception and how this can profoundly alter our perception especially in terms of the power of context to shape our reality and almost bring it into being!

Needles to say where pharmacology fails us, is that it simply attempts to render this surface adjust this image, in the absence of addressing the underlying canvas, and in doing so only further distances us from the underlying issues, whilst the canvas is potentially left to rot...

This approach works quite well in terms of sustaining a consistently reliable return for the companies in question, as it not only increases the disconnect from the canvas, but subsequently creates a dependency in the maintenance of the subsequent ongoing rendering and maintenance of that surface...

It is through there own admissions as a producer of heresaid chemical compositions, that there products don't directly address the areas or regions of the brain effected, but instead to it though some sort of convoluted abstraction, to which they themselves do not even fully understand... Suffice to say that some of their "break thoughts" in the treatment of certain conditions have actually come about by stumbling on a use of a product that was intended for a completely different purpose...

One need question this, for this would be the equivalent, in terms of budget and resources of say NASA revealing that their AI used for the critical systems on their space station came about by sheer fluke when one of their children were playing with an online chat bot...

It is certainly not as a result of lack of resources that pharmaceutical companies aren't able to cure most of these diseases, including cancer, it is sheerly through lack of motivation that they don't persue it, for treating the symptoms isn't anywhere near as profitable as curing the illness itself...

One must also bring into light the complicit nature of our very own governments, and their motivations, due the the taxes received and subsequent influence from here said industry, despite the negative impact on there populace, this is also clearly reflected in the fact that there aren't any grants being offered to help fight cure these diseases or illnesses, nor are there any concessions or other such incentives available.

Suffice to say, even going as far as to realise that the theories surrounding the suppression of technologies that would aid in the benefit of humanity, given they are in stark contrast to the current profit based model, ring true in terms of motive and pure reasoning!

There are considerably more arguments, examples and even evidence for than against this constant theme of governments and corporations putting profits

before people, one does have to ask the serious question, were these industries, much like Martyn Bryant, born or bread???

We have seen an ever increasing trend in administration within psychiatric facilities and hospitals in general, somewhat proportionally detracting from the time spent interacting with patients, whereby we should be potentially implementing AI in the procurement of the basic mundane task of processing and recording here said information, this could in fact come about by firstly adopting voice to text recordings of all patient practitioner interactions!

The fact that the majority of the population would rather have a new Iphone as apposed to making a donation to their local charity, screams volumes, for this parent child dynamic of supply and demand, one could subsequently argue that we are not only potentially more at fault than the corporations, but much akin to the nagging child with an endless demand for new toys, one could argue that the parent would not even need to partake in their current vocation, as if not for the demands of the child...

We are seeing a very interesting evolution come into being with these mobile devices, whereby we are demanding every greater capacity and quality, we are becoming ever increasingly dependant and in some cases even addicted to the interactions with here said devices, we have even created entire virtual communities around them. In doing so, we have also embraced the capacity of these devices and subseqent commerce to provide us with an ever increasing demand for new products and services. In doing so we have not only advocated the further development and improvement of here said services and associated media, but we have financially supported their development, and even go as far as to boycott those that can't deliver to the standards that we have ourselves demanded and fostered.

Yet on the flip side to this, we openly object when here said environment not only reacts to and chooses to provide this, but goes one step further and actively exploits our dependency to this and subsequent vulnerability, in terms of our human condition and subsequent manipulation there of through associated marketing activities and strategies, and the adoption of predictive modelling and using data that we in fact volunteered, in order to produce a supply based on projected as apposed to actual demand. Even going one step further, using techniques adapted and refined from the very insights into our own minds, to which we happily donated, to then take all of the above and then subsequently condition a populace into desiring a product or service that they didn't even realise they wanted or needed...

Suffice to say in the absence of this environment and subsequent conditioning, would they actually even desire it at all???

At the end of the day, where is that line, between our very own contribution to this machine and that of its evolution in the absence of here said contributions

from its consumer, as far as whom bear the greater responsibility, who is indeed more liable for such an insidious and almost psychopathic environment...its consumers or its suppliers???

It would be easy to walk away from this mine drop, but where would that leave us??? I would love to see a discussion opened around this, and ways in which we might address, amend or remedy this current predicament, more so its broader impact on society and the general well being of its populace and its broader systemic impact on the environment...

I believe it starts by taking ownership and responsibility for our part in this, and our complacency in shaping a better future and more importantly demanding something other, and at least investing a percentage of the time allocated to protesting and complaining about our current predicament and actually working towards a solution, with not only this but also taking it one step further and looking at our governance and societies structure as a whole!

We have been conditioned to reject the fringe, the alternative thinkers, the revolutionaries, the hippies, we have ostracised and even outcast them, labelled them and subsequently banished them...Yet they largely promote and advocate a lifestyle and approach that is closer to that of a solution, than it is of a problem!

I wasn't able to get to sleep until nearly 5am this morning...its really frustrating when this happens, it really is, there is no real rhyme or reason, my brain is just far too active to switch off and its a real problem sometimes...

I must remain focused, this is key!!!

I remember the emphasis on sleep hygiene in the hospital...it was really hard with someone flashing a bright light in your eyes every hour...that didn't particularly help...

I realised this entire time I was going about it all wrong, the signs were there, I just had to ask myself, the simple question, what trading environment has been the most profitable, and that is undeniably the Crypto space, whereby at its peak I had made 47k profit, and the flip side of this is that I have probably lost nearly close to that in Forex...

I have discovered a means of which to identify very quick fast returns in this space, some as high as 47,000% in as little as 48hrs, really if I can grab even one or two of these and even make half of that I am truly on my way..!

I feel incredibly optimistic about this new approach, especially given that there is a significant improvement in the risk to reward, in favour of the

trader, this will be paramount in moving forward, it really will, because if I am risking say only 100 to make 10k, then this is a huge improvement!

I have to focus on some of these high yield pools and trading bots, I do have to ensure though that they have sufficient enough liquidity, I don't want to find myself in a position where I not only freeze up my funds, but I can't actually offload the position...

I was so attached to making it work in the Forex space, that despite countless failures, I had convinced myself that next time, just one more go, just another \$700 just one more try, I'm so close...

I had allowed the fact that I had dedicated so much time, energy and effort this environment, condition me into this mindset, for I felt that if I gave up I would be seen as a quitter...Where in fact at the end of the day, it wasn't the approach, the strategy, or even the technical nature of how I was going about it at all, it was the environment itself, and this environment only got worse!

I just had a thought, what if with the NFT's I threaten to Euthenise, or burn the puppies should they not find a buyer, or the reserve price is met...

For the most part the early morning episodes no longer occur, I am not sure how I feel about this, I am a little sad, these things have a tendency to become part of ones identity...

I had a thought, and this is potentially a fine line between exploiting the energy of these people, and employing them...but I am going to propose to Victor that I employ him at \$100 a week to persue this project, to look into it, and to dedicate some serious time to it...

I think I have to work smart and not hard, I am going to have to delegate and collaborate if I am to get any of these projects moving, I really am, I'm going to have to get these draft papers together as quickly as possible and simply put it out there!

I need to get seed funding for the initial business plan and strategy...

I will need to look into collaborative communities, and seek out potential partners, as soon as possible, they are going to need to be people that I can trust, with integrity, this will need to unfortunately need to take precedence over technical ability and qualifications!

I can't believe that all those years ago, that I misinterpreted the Matirx, well more so I reacted to it in a way that was considerably apethetic...and well to be honest its only until recently that I shifted my stance from that of feeling like whats the point, this is just a simulation, to that of hang on, even if it is, I have a very real oppurtunity to make a serious shift in its direction, and even

if it is a simulation, then its all computational data, information, its running through these probabilities for a reason, either a/ its trying to ascertain the best possible direction for a given scenario such as a population or inhabitation of this nature, or b/ Its exploring vulnerabilities and weaknesses in its inhabitation and associated framework and environment, for its own benefit. c/ Its looking to establish the most efficient and viable conversion of energy of here said environment. d/ Its looking to exploit every possible living thing in this environment and we are just one big farm, and we are merely cattle...

So heres the potential dilemma, if I capitalise on here said exploits and vulnerabilities in this system, I do so at the very real risk of exposing them and these subsequent exploits simply being terminated, and they simply rewrite the code to adjust to here said vulnerabilities...

I am inclined to think, that purely based on what I am witnessing, and the history of human nature, and civilisation as a whole, that they are merely harvesting peoples energies and efforts, for at the end of the day, no one really owns anything, the only guaranteed product of any real ownership or possession is that of the computational output created by here said environment, and the inherent by product, being an entire civilisation comprised entirely of computational devices, that is also incredibly rich in resources, of which as a byproduct of our evolution and time here, we have helped harvest, in order for any potential developers of here said environment to simply come along and process...

I believe that one of the creators potentially built in a back door, knowing that one day, someone would come along and walk right on in...

Now one has to ask the question, was this backdoor, this secret access constructed in such a way that only the chosen, only the pure, only those of the best intention for their fellow man would be allowed access, I mean this would explain the likes of Jesus himself...was he merely a hack???

I mean if God truly did create man, and give him the capacity for good and evil, then I do believe that he built in a fail safe,

What be it of the likes of Mosis, Nostradamis, Malcolm X, Gaddafi and even Musk...

Moving on from this point forward I need to seriously look at how I allocate my energy...my time, my mental resources..!

I awake every morning with this overwhelming motivation, to make a change, to make a difference, no matter how tired I am, I try to go back to sleep and I can't, its due also in part to anxiety, to the fact that I know that my time is running out...

I can't turn back the clock, but I do wish in hindsight I had discovered this passion, this insight, this motivation years ago, instead I lay in this state of limbo, almost permatude, years would pass, where I was lacking any motivation or desire, or even direction...

I was lost, this sense of hopelessness...

In the absence of any guidance, any support, no one there to say hey, have you thought of this, or have you tried that, how easy it is to slip between the cracks at that age...well at any age, but sadly more so in ones earlier years, when you have the energy, the drive, the potential, and its just sitting there idle...

In the grand scheme of things, not everyone can be successful, make large sums of money, the system can simply not sustain it, it also needs key roles filled, key industries, we need so many people allocated to sustain the construct...

Although one must ask the question, in terms of efficiency, especially when we look at administration, even more so when we look at that of the administration of governments and institutions...

Sept 11th This security guard is hovering around, I honestly just wish he'd fuck off and leave me alone, I really do, whats he going to ask me to do, move on???

This world has no shortage of people with ill intent, it really doesn't, they are all of the illusion that money will provide them with some sort of sanctuary, will ensure there survival..!

I must keep a calm mind, for these things are merely tests...a means of attempting to disrupt my frequency, the system keeps throwing them at me, almost as a means of seeing, is he ready yet???

I must keep a clear mind, I must no longer allow such things to interfere with my clarity and train of thought, I really mustn't...I simply cant allow such inferences, such infections to occur!

The less one allows this construct, this infection to invade their mind, the greater their chance of survival!

I watched a documentary last night on a man who had dedicated more than 25years in attempting to contact aliens, he had built this elaborate array of transmitters, this entire double story building full of equipment, and he would play music, in essence it was an intergalactic radio station...

Here is someone, on this absolute mission, in the absence of any scientific evidence, or any evidence for that matter, felt this overwhelming drive, to undergo such an activity, with no known outcome, no real reward, in light of all this and the fact that he had also got himself into debt in the process he continued, for I guess in his mind, he had lost all hope in this planet and its inhabitants..!

I can relate to that I truly can, I can truly empathise with his plight..!

I understand the mind of the loner, the recluse, I truly do, for humans are inherently flawed!

People do not really understand suicide, they truly don't, so I am going to break it down, in as simple and as minimal a means as possible, in essence it is the mind being of the strong belief that continuing on its current trajectory is only going to lead to more pain and suffering, it is the mind holding such a strong conviction on this, that it really sees no improvement of its situation, no way out, and it isn't actually a disregard for one's life, but one being placed in the extremely hard position of continuing to exist in vain...to subjecting oneself unnecessarily to continued pain and suffering, and it's the mind's way of protecting itself from this, to need to go as far as to terminate its very own existence...It's the scorpion in a ring of fire...

One must ask the question, if there is in fact a creator, and our existence is not limited to our physical body, and in fact it is extremely limited by it, then would here said creator, in the interests of the simulation not want to simply either a/ Expedite the evolution of unique individuals, that would aid in the evolution of here said construct, or b/ Eliminate those which would contribute to the aforementioned...One can potentially look at it from the perspective, if what if the creator had actually undergone such a simulation out of a sense of obligation, and in their infinite wisdom knew all along that it was destined for failure, yet, they were still required to prove evidence to that effect, still required out a sense of obligation to its peers, run such a sequence...

If in fact we are created in the image of here said creator, and we ourselves are in possession of this quality, known as ego, to possess this perplexity to want to prove rather than disprove our beliefs and our opinions, then wouldn't any creator in fact be somewhat tempted to alter, or even corrupt such a scenario in order to achieve just that???

What could suffice to say potential argue the point that the very doctrine handed down to us, would in itself be constructed and formulated in such a way to also aid in such an outcome???

Let's look at the core of it shall we, it constantly refers to man as the creator...yet the female is the one whom gives birth, it constantly refers to a patriarchal style approach, of that of science and religion, that of men calling

the shots, its promoted the burning of witches, the spanish inquisition, and is at the very core of our current law and governance systems...

Yet, the most advanced civilisation known to man, worshipped the sun, and was run by a women...

This very system also promotes not only a level of judgement, but that of punishment for those who do not obey its laws, its guidance, its value system and inherently its ideals and judgements cast onto its fellow human...yet in the same breath, acknowledges that man is flawed, and even offers that one can be forgiven of all of their sins, if they merely confess, ask forgiveness and accept "god" into their hearts!

Surprisingly however this level of acknowledgement and forgiveness doesn't carry across to our legal system...which its entire architecture is based on this very same system...

One can legally kill in "the name of god", one can dictate, control and even punish someone under the "name of god" but yet one is not willing to forgive...is this somewhat of a double standard???

I'd like for you for a moment, imagine a world of a different principle of a different mentality, one in which acknowledges that we all possess the capacity for good and evil we are all potentially flawed, and that no one really inherently wants to be hurtfull or harmfull towards their fellow human, and when brokent down, when one examines the act of any one individual, this perplexity and disposition is not usually propagated or brought into being in complete isolation, and that it is in fact more than 90% of the time a product of conditioning, of ones environment, ones upbringing...

One could even go as far as to say, especially in the world of finance, that individuals are conditioned to accept and believe their actions to be that moral in nature, especially given the endorcement by "government" and the system, and that they are in effect raised in this environment rife with psychopathy...

Suffice to say, we are still yet to accept and acknowledge that most crime committed by those in certain socio economic demographics are as a result of corrupted conditioning, and not entirel or even due to any fault of the individual, even as far as looking at it, in terms of its mere technical attributes, being that much akin to mental illness...

What if government chose in fact to treat all crime, fitting any such criteria whereby conditioning and environment where major contributing factors as a mental illness, as apposed to that of being a criminal act...

To what would be the systemic impact on the current justice system, with such an approach in terms of rehabilitation and reducing repeat offenders...

Suffice to say that this level of approach and acknowledgment would in fact lead to the government having to take onus and responsibility for their part in this, for they have considerably influenced, directed and even shaped this very environment...deeming them in fact liable!

It would be interesting to see the systemic impact of entire communities, even entire nations holding their governments accountable, given that as corporations, as criminal organisations, they are subsequently, nor have never been protected by "crown immunity" nor any immunity for that matter...

Suffice to say, entire nations would be eligible to sue their governments...

Although it is of no real surprise that all of the governments are in debt...

I propose the following strategy, that as individuals, as citizens, that we have been forced under duress to partake in the actions of these criminal enterprises, and that any and all debts owed to here said establishments, these cartels, are actually in fact proceeds of crime, as such must be immediately relinquished, and thus subsequently redirected into the corresponding dedicated account. However given that any account under the name of the government is still in fact an account held by them, one would need to create an entirely new and separate holdings, and subsequent administration, being that deeming and allocating the citizens as share holders, as they are in effect victims of crime, and we are merely re appropriating these funds accordingly...

I would also subsequently propose that given that the entire financial system, including but not limited to banks and financial institutions also form part of this cartel, that they too be excluded from and permitted from holding heresaid funds. Thus this leaves us really with only one real viable option and that is through using blockchain technology the funds are redistributed and allocated to a decentralised framework and construct, a peoples bank so to speak!

As for any existing debt, this will potentially need to be absorbed by the current debtors, given that they technically they are no longer eligible to partake in heresaid criminal activity, they would also need to subsequently relinquish all profits, earnings and holdings and they would also subsequently be re appropriated into the victims of crime account.

Given further to this, that the government has actually not only facilitated and permitted, but actually promoted, supported and fostered the illegal fabrication of "monies" via fraudulent activities thus subsequently permitting banks to produce their own currency, in essence being a form of counterfeiting

and fraud, this would also additionally require any assets or wealth accumulated through this subsequent process to be also subsequent redirected to heresaid community fund!

There is currently, nor has there ever been any provision, nor concession in common law, namely that being counterfeiting permitting nor allowing these institutions the ability to undergo this act of fabrication, more commonly known as fractional reserve lending...

In addition to this, subsequent loans, and all lines of credit would be deemed null and void, given there was never any real value in terms of the exchange, and that the very foundation and nature of heresaid contracts would be deemed null and void..

I do foresee a potential rebuttal by government, in some sort of attempt to pass some type of retrospective legislation, in an attempt to protect them from the aforementioned, however something that was not legal at the time, cannot simply be deemed as such retrospectively, for this goes against the very basic premise and foundation of law, and that it is that it must be free from abstraction and be clear and easy to follow, and one cannot follow a law if it is not clearly defined.

Further to this, at this point the Government has already been deemed a criminal organisation, thus subsequently possesses no power in terms of governance or even enforcement of the law!

This would also potentially mean that all previous convictions, by nature of their very execution, being that implemented by a government that was technically not permitted to govern would subsequently be deemed null and void...with the exception of those imposed by a jury!

Suffice to say, the very nature of such an act, would in fact need it immoral and illegal, as it pertains to provide a corporation with an unfair advantage over that of individuals, whereby individuals are not permitted the same privilege!

The counter argument to this restructuring would be that it would bring about the inevitable collapse of the entire financial system as we know it...

This however would not be the case, it would simply mean a radical restructuring, it would mean that through a system of democratic consensus, being that decided by the people, we would need to rethink, reorganise and even completely reassign and redistribute the entire world's resources including but not limited to all forms of energy, income and industry, especially where by government has been intrinsically involved in or partisan to its distribution or allocation, including sectors such as mining and even that of land!

What I propose is quite a radical transition, however what I propose in stead of a complete restructuring of the current system, we look at migrating across and transition from the existing one, and simply transforming it and retrofitting it where required, we could simply adapt and modify aspects of the existing administration, thus retaining the employment of the clerks and lower level administration, even that of law enforcement and emergency services. However in light of there previous involvement, we would need to adopt new and tighter regulatory framework, namely addressing the integrity of heresaid administration, and those with known ties to or associations with heresaid criminal enterprises will need to be potentially removed, especially those in positions of power and influence, such examples would be those in the Justice system such as judges, magistrates and law enforcement.

We would also be wise to take such an opportunity to engage extremely strict independent auditing framework, and anti corruption bodies, run entirely by the people, we would also be wise to adopt and utulise forensic level data analysis and reporting and AI based detection systems in order to identify such corruption. These bodies would be run by members of the community, in addition to also being completely transparent and open to interrogation and all information and data, would be made available to the general public!

These bodies will be granted considerable power, and even the ability to hold public hearings and employ juries in order to not only make offender accountable but also prosecute them. In saying this I would also propose that all previous immunity offered to government employees, including but not limited to "Crown immunity" be relinquished, and would even go one step further to say that there be harsher penalties for one using a position of power or influence in order to facilitate a criminal act!

In terms of how this will play out, in that of the overall global systemic impact, in light of the previous examples and that of the historical nature of our current construct, given that the majority of the actions and motivations thereof of that of the current system has been clearly identified to benefit an elite few at the detriment of the broader populace, common sense would have it that the inevetable conclusion and subsequent outcome would be that of the opposite to the current trajectory...

Given that a significant majority of the detrimental impact on society has been a resultant of the corruption of a construct, on all levels, including the administration and facilitation of all associated resources and services, to the detriment of its populace, namely being that of its mental health, we could only assume that given the re appropriation of such a responsibility and subesequent redirection of all associated direction and administration thereof, would be by default, formatted in a way that would be more favourable to its populace, given it would merely require almost doing the complete opposite in most cases.

In terms of its execution, this would clearly be conducted with integrity at the core, I would also propose that given the previous known flaws and vulnerabilities associated with the previous administration that this new decentralised approach look at the redistribution of decisions being delegated back the local communities that are effected. We also mirror and translate this decentralisation to the technology itself, in the sense that there is not solely reliant on one central data repository, that all the data is disseminated and distributed via the blockchain and uses each individuals mobile phone and also allocates a percentage of its computational capacity to the task at hand!

In terms of priority, we would obviously need to address the most critical infrastructure and administration thereof and make this a priority, that being of key services, such as utilities, emergency services and health care, given that these are already in a considerable state of disrepair..

As a populace we have more than sufficient enough intellectual capacity and resources in order to make decisions not only in the best interest of our personal well being and survival, but also that of our planet!

I am feeling quite displaced today, I am really beginning to question this entire construct, this simulation, one thing that became immediately apparent to me today, was the resolution...this occurred to me when driving through the suburbs...it was seriously lacking lustre, it was dithered, and almost devoid of any resolution...washed out...it didn't even have adequate colour saturation...

I awoke feeling that I need to reveal this hack, I need to let people know of how they can subjugate the system, how they can free themselves of its control over them and its enslavement, how the very nature of this construct is nothing but an illusion...

For at the core it is nothing more than this...a world bound by the verbose, its citizens bound by contracts that have no merit, that have no power, that have no real foundation in this reality, for they are nothing more than a construct, a fabrication, implemented by the very same people claiming the supposed control wielded by here said verbose...but it is nothing more than that words...spells cast upon a populace, a form of witchcraft, sorcery...

What is sorcery or magic at the end of the day...it is for the most part simply comprised of deception and illusion...it is the work of the devil!

The population for the most part is in a state of mass hypnosis...bedazzled by the magicians on the stage, the sorcerers, so easily distracted by their theatre!

I remember so vividly the scene in the Wizard of Oz, where Toto, pulls back the curtain, to reveal the wizard, frantically operating wheels and levers in order to create the illusion that was presented before them...

I recall the theory I had on red and blue...its interesting that they have both red and blue seats in the library...

Why is it that I am the only one that notices these things...

The more I think of it, the more I realise, that yes this world is definitely in a state of hypnosis...

I can't explain why I'm drawn to certain locations, and why this desire is seemingly so time sensitive, although I do always manage to position myself in key areas at key times...Tesla spoke of how he would roam through life in a similar fashion...

I feel for the most part quite good though, the issues with psychosis this morning, but apart from that, I am doing quite well...

It's interesting how the most toxic and repulsive people in this world have the most influence...

I have issues some days with focus, I really do, I find myself a drift, in a vast ocean of possibilities, with not so much as a breeze, only managing to stay afloat due to the density...

Its interesting the effects of different spaces on my mind, different energies, even sitting on different colour couches can have an impact on my thought process, my well being...

I moved from a red couch in one environment where I felt a little closed in, it was also quite cold, to the other building, with these lovely orange couches that were in the open, I feel a much better energy here, I truly do, its so much nicer...

I decided if I am going to have furniture in my place its going to be orange...its such a nice positive colour, I feel like I'm sitting on a tangerine...

There is so much administration here...

People are so quick to pass judgement...the look this lady gave me when she walked past, she looked down her nose at me, almost in disdain...she of all people, being an islander should know better...
I'm just going to let it wash over me, I really am...

Its also nice to feel the different energy of different locations, it really is, if it were up to me I completely change the lighting and the environment in the library, actually one of the only reasons I would like to visit the states is for their old libraries, with the desks and the desk lamps and the environment, the old books, I could almost live there...

There seem to be some amazing libraries in the states, from the universities, to the NY state library, they are all pretty amazing, I could almost see myself going on a tour of the libraries...

I have to ask myself at this point in my life, where do I want to position myself, at what point am I going to travel...I think I really do need to start thinking about this, do I want the freedom of travel, adventure, seeing the sites of the world, experiencing the different foods, the different cultures, the architecture, the environments...or do I want to isolate myself on some island, and be a recluse..?

I'm smart enough to do what ever I want, I just have to dedicate myself and follow through, this is paramount, it truly is..

It feels good to actually actively and consciously walk away from the Forex markets, it truly does, to finally come to the realisation that I am far better of looking for investment opportunities as apposed to trying to trade, at the end of the day, I think that the Crypto space might make a resurgence and when it does its going to pop...

If it can survive all that has been thrown at it so far, and still hang in there, then there might be hope for it yet, I mean simply looking at it from the perspective of attrition, its sitting at about ¼ of what it was only a few years ago, so this leads me to believe that these are the ones holding on, this is the percentage of those whom remain loyal to the space...

It is also however facing the harsh reality that it is dealing with the exponential rule in terms of inflation and also deflation, and that those who got in at the top, a significant majority have potentially cashed out at loss, thus removing much needed liquidity from the market, this would have been further compounded by those taking profits...

We are invetably going to see this once the stock market, the major indicies and the U.S dollar being to collapse, I foresee this happening in the next month or so, and its of no surprise that it just happens to co-incide with the Brics allignment, I forsee those in the know, getting out of the US dollar and moving across to the Brics, whilst the institutions will also potentially be holding substantial shorts, this is going to potentially be a capitulation...

Again its all for show...wars conflict...how can there be any real disagreement when they are all part of the same agenda, and all share financial interests in one anothers constructs...

Sept 13th I am experiencing a full blown episode this morning, I woke up later than usual, and even though I really wanted to come down to the Uni, when I got here, I was really struggling...the people where freaking me out, my usual space was crowded due to the usual Wednesday activities, and I couldn't even relax there, I had real difficulty even deciding as to whether I could sit down...

During times like this I just need to find a nice quite space, away from everyone...

I'm not sure as to whether its gotten any better, at least not these morning sessions, I occasionally skip a morning, or at least its so mild that I barely notice it, yet other mornings it can be complete hell...

I'm listening to Hotel California, which normally helps, but instead it is filling me with anxiety and fear, and I feel like crying...I feel like I am potentially trapped in this reality for ever, I don't feel like there is any escape for me...

The more I observe what is currently happening, the more I understand, the more insight I gain, the harder it becomes, I told myself I wouldn't occupy my mind with the likes of the controlling aspects of this construct...

I thought that I would be able to find respite on these orange couches...

I think I might have to go over to the other building...

It just occurred to me, I am drinking out of a uranium glass cup...

I'm listening to stairway to Heaven, that seems to help, well at the least I feel a lot better than I did moments ago...music is everything when you have a mental illness...

Too think I have lived with this for over 12 thousand days now...

I just went and had a shower, its almost as though you can cleanse yourself sometimes of such things, its as though I almost washed it down the drain...

I feel so much better!

I remember when I had times that I was struggling, how I would take these really long baths, I could sometimes spend the entire day in there...

Sometimes I feel as though I am so close to finding a resolve with this, and then I'll wake up one morning and its as though I have made no progress at all...

I think that is in some part the nature of the beast, it is the reality of the situation for most people with any type of disposition or illness, I would imagine, especially anxiety disorders...

For the most part I have probably been more focused and more productive in terms of what I have set out to achieve, versus what I have actually achieved, and in that regard, I must remind myself, that I am doing the best that I can, and I am doing quite well despite the circumstances...

I am also well aware of the privileged position that I am in, and that most people would be burdened with the obligations of some form of employment, family life, or other such commitments...

Its interesting, the elastic band effect, how always without fail, coming out of an episode always ends in this interesting clarity, and a sense of calm and well being...

These buildings are filled with agents, its of no wonder they feel a little uncomfortable about me being here...

It makes perfect sense, most administrative roles require almost little to no accountability, its not like your on a production line, its not like anyone is even going to notice your absents...

You sit in this cubicle, often performing benine and meaningless tasks, and you form part of a much larger community all engaged in the same activity, there's no need to disrupt this ecosystem, quite the contrary one wants to avoid making ripples, because you to are a vessel in these waters...

It also explains why there is so much administration in government, it truly does...

In the grand scheme of things, we really have a case, given the level of secrecy and insular nature of their operations of an intelligence organisation, governing itself, not dissimilar to other intelligence agencies around the world...

This begs the question if they to form part of this larger criminal cartel, then this is one very organised crime syndicate...

How does one go up against something of this calibre...against someone with seeming-less endless resources...???

The general public doesn't seem to care enough, to want to challenge them, they truly don't, they have become so conditioned into accepting it, they will actually even go as far as to defend it...

It's what Morpheus said to Neo in the Matrix, is that you are either one of them or one of us, you are either part of the system, or you have freed your mind...but until you unplug, you are one of them!

Universities are such a facade...

I'd even go as far as to call them a cult, they induct followers into their religion, their belief structure, they convince you that if you offer your servitude to them, relinquish your intellectual property, your insights, and most importantly your money, that in return, they offer you a place in their commune, whereby you'll be granted all sorts of privileges, and the very initials after your name, the very branding, that little tag on your ear, will grant you access to a world and privilege that you would not have normally had access to...

The sad truth is that little tag, is merely there to identify you, much akin to that used on cattle, and that you will be simply put out to pasture with the rest of them, and you'll either be used for dairy, or you'll be fattened up and eventually slaughtered...

You are merely one up from the battery hens..!

Everyone has within them something unique to offer this world, whether that be merely in the form of perspective, everyone has a set of unique experiences, insight, and understanding, we all see this world through a different lens...

We have been conditioned however to believe for the most part, that if we don't possess a degree, nor "qualifications" in an area, then we are not "qualified", or licensed to speak...

There is good reason for this, as these "qualifications" are heavily regulated and governed by institutions and bodies, by supposed "licensed" operators or instructors in this field...and unless you possess such a license then you are not permitted to advise on such matters.

There is an obvious systemic problem with the said licensing of what is in fact "free" and that is that you regulate, govern, restrict, distort and inevitably corrupt the said guidance and information on this subject, especially when these institutions not only dictate the very material in which one needs to reference to but the very way in which they need to reference it, even as far as the techniques and the very nature in which they are to compose their argument, known as academic writing...

If you attempt to challenge this process, or attempt to deviate from it, you are quickly and swiftly dismissed, and subsequently failed...

There are however some rare exceptions to the rule, in terms of administrators of these processes, I had a lecturer once, where the topic for the paper was to define contemporary art, I came in from the angle that why would one be as arrogant as to attempt to define something that even the greatest minds, and even the dictionary itself could offer no definitive answer, and my aim was to end the discussion there. However I chose to then go into a more in depth review of and elaborate further on this dilemma, in which the argument now formed a fully fledged paper...I was subsequently informed that if I had actually terminated as previously intended, that would have sufficed...

This was interesting, and it flew in the face of that of the basic requirements set by the Administration, being that of the key criteria and even the word count...

That was an interesting lesson for me, and in reflection, I am facing much the same problem with this court case, being that I have the option to potentially cut short this entire process and simply put forward a no case submission, even taking it one step further and use the very same instrument of fear and intimidation in order to bring this course of action to a head!!!

There has been an interesting string of content being created around "life hacks" and I wonder, where is the guide for hacking the system???

I think I'll make it available as an NFT, I think I'll also publish all of the documents that I have acquired in the past, that should make for a very interesting collection...

What we really need is a revolution with information, education, there are too many people profiting off this, I personally think that it should be made available by donation, if it works for you and you financially benefit from it, then donate accordingly...

There is the inherent problem associated with taking what would normally be deemed exclusive information and making it public domain, and that comes down to the very basic principles of thermodynamics, and that is that energy cannot be created, nor destroyed, only converted...

For the purposes of this argument, I am going to focus on the conversion of energy, whereby, any medium, concept, idea, or venture in terms of converting energy such as money and attempting to increase its value, it requires the this energy to be subtracted from another medium, for it cannot simply be manifested from nowhere, this would subsequently mean it was created...

Example, when you buy a stock or share, and attempt to profit from such an acquisition, what you are in essence doing is managing to exploit the very principle of supply and demand, and subsequently the desperation and anticipation surrounding this...In essence you are hoping to buy this stock at a lower price than to which you intend to sell it, in order to do this you need someone willing to purchase it at this price...in the process, you haven't really done anything more than to temporarily store your energy and "invest" it into heresaid company, in the hope that they will take that energy and convert it via the same method of exploitation, whereby they exchange the energy of its labour force and its consumers, and convert this into something greater than the original energy, again requiring a level of exploitation...

As long as this illusion can be maintained and the "investor" perceives or believes that this is possible, they will continue to "invest" their energy in here said company...

Where this can go horribly wrong, is where during the great depression people were permitted to borrow large sums of money in order to invest in this market, this subsequently created an environment where by at its peak, there was a huge potential to exploit this, and in this case, the subsequent defaulting on heresaid loans, would inevitably bring about a huge systemic collapse, and the only ones to benefit from this were the institutions...so its of no surprise that they went about creating that very scenario...

We again find ourselves in a very similar predicament and may very well find history repeating itself, and one only need look at the positional holdings of these large institutions to gain an insight into its intended direction...

The financial institutions of the world not only wield significant influence, but purely based on their holdings and control over here said environment, including but not limited to resources, food, energy, commodities and consumables, not to mention their property holdings, are in a very advantageous position to instigate a collapse and with the advent of the short sell and leverage can cause a collapse of catastrophic proportions, and trigger a level of default never before witnessed...

In doing this, they can then also subsequently go about repossessing all of the aforementioned for pennies on the dollar...whilst placing its populace in an indefinite loop of servitude...or enslavement!

If you think for a moment that the government is going to be there to protect you, then you have an expectation in complete juxtaposition to their previously exhibited behaviour, and that has been to not only permit such things to occur, as was the case with the financial crisis, but in fact offer the very institutions that caused the collapse financial assistance in the trillions of dollars, whilst sending law enforcement officers around to take possession of

peoples homes and allow the legal confiscation of savings accounts and pension funds...and sadly you are completely deluded!!!

If I were a psychopathic financial institution, how would I go about it, purely in the hypothetical, is I would simply draw on those adopted by terrorists, suffice to say of which such originated in Guerilla warfare...I would also employ the mind control techniques refined by the Nazis and subsequently adopted and the further developed by the CIA.

Heres how I would go about it...

1. Firstly create a state of fear and panic...

2. Offer a safe haven a place to run to

I. Somewhere to invest and store their money...lets say gold...

Increase the demand and reduce the supply of heresaid haven,

Create a trading environment that perpetuates this

Create an artificial shortage and scarcity

By product, is that the price of here said commodity increases 10 fold

Also offer numerous safe havens, I.e other commodities and areas

Subsequently collapse the entire system, one simply does this by subsequently destroying the very base unit, or medium used to trade in, being the base currency, in this case the USD

Then whilst people are panicing to remove their funds from here said base, into a more stable currency, you then cause a sudden influx into that environment creating further volatility and instability, and massive price fluctuations, and you simply rinse and repeated

All the while this increased activity causes massive delays in transactions, arbitrage opportunities, short selling, and unlimited potential to exploit here said environment.

Finally an announcement is made to the effect, that the system has crashed, all is lost and that we in essence need to reset the entire system!

3. Offer a respite for all classes, even entire countries

4. Offer a solution

In the past we have seen terrorist organisations such as the IRA, during Belfast whereby they created a scenario, where they set off an initial explosion in order to get the public on mass, in a state of delirium, fear and panic, to run in the opposite direction and actually head on into the main explosion, which managed to cause significantly more casualties...

We only have to look at the historical nature of what has happened, they not only have managed to get the populace to run head on into the next big explosion, but they have even convinced them to stay in this very environment, whereby they have been running round and round in circles, in a constant state of fear and panic...

They even went as far as to convince them that isolating themselves in their own homes was the only solution...for a virus that they themselves manufactured...

I need to pull my mind out of this space, I am starting to allow the negative attributes of this construct influence and even effect my mental health...I must remind myself that I need to keep things in context...

I need to focus on the positive aspects, being that of the opportunity for change, and that regardless of the apparent hopelessness of this current system, that I can make a difference, that I can help make a change, that it is in fact possible...

There are some good people out there, I just need to connect with them, I need to hold onto the hope that some wealthy multi millionaire will reach into their pocket and donate the capital required to get this thing off the ground...

I still think that crowd funding is the way to go, I am open for a philanthropist, but what I am not open to is an investor, who wants to simply capatilise on the energy and efforts of myself and others and commodify this...

I must remind myself that my mind has an inclination to digress, to want to retract back into itself, when it senses that there is a real possibility for change, and especially when it comes to improving my own current situation, I tend to pull away, sometimes even at the very last minute...

This definitely stems from a low sense of self, and sense of worth, and the fact that I have over the course of more than 30yrs conditioned myself to become accustomed to suffering and failure..!

I am a little over some of these men do this, men are guilty of that, etc, suffice to say, women don't lie being stereotyped, or discriminated against...so why should men be expected to accept the same???

As long as we insist on persuing this line of thought, promoting this type of dialogue, this seperatist stereotyping, this very method of generalisation, we will never advance as a society...it is all too common for a particular race or demographic to seek out special treatment or acknowledgment, we have seen this with the both the movements of members of the Jewish community and also that recently exhibited by the African Americans with the Black Lives Matter, movement...

Whenever you seek retrobution in isolation, only acknowledging a particular demographic, you indirectly seek validation and treatment over and above that of other demographics suffering similar fates...and in doing so even subjugate and even devalidate their claims in the process...

This in itself is separatism at its finest...

I am not saying that one shouldn't and doesn't have the right to protest the treatment of a particular race or demographic, but if one truly wants to have an impact, one chooses to unite with their fellow brothers and sisters in the process as apposed to ostracising them...

After all this separatism was initially seeded and promoted by the controlling powers of the world, in the realisation that if they didn't divide man in this way, that they would in their current strength, being that of a united entity, stand up against this suppression, so suffice to say, instigated this separation between black and white...divide and conquer.

This would later extend to numerous races, cultures and even as far as groups, creating a division of such epic proportions that it would cause a desimination amongst its general populace, to the likes never before witnessed, further to this they would later propagate such a fear of one another amongst the general populace that we were now no longer even communicating openly with our own neighbours, let alone strangers on the street!

I remember back to my days in secondary college, I remember so vividly how I had managed to float amongst the different groups, I had spent time with nearly every demographics

I think what I'll do is I will create a special hidden content aspect to my NFT's and I am going to hide some of these documents in them...lets shake that tree!

I have to work smart, not hard with this...

Wish you were here, Pink Floyd...

I must ensure that I maintain a balance, I really do...

Sleeping in the last couple of days has been the best thing that I could have done!

Sept 17th I am at my favourite little restaurant, I nearly wasn't going to go, but I reminded myself the importance of such routines, and how in this case it also serves as a reward, and a reminder, that its all about balance, and maintaining perspective!

I realised that I need to look at time allocation, my mental resources, and that I simply need to launch these ideas, build basic web-site, and go for crowd funding, I do feel that the crypto space is the easiest way to raise money for this, I truly do!

So I need to look at potentially launching all of these ideas, and see what sticks...

I will also look at creating a central repository for quality content, especially that which is educational in nature, I think that I will build the entrapenuer site myself...

OK lets look at the summary so far, we have the following:

1. The AI App for mental health, corwdfunding this, I will try the crypto space, as it will use blockchain encryption for the
2. A super Computer and AI based using the collective processing power of individual mobile phones, I will look at utulising and adopting the following unique attributes to this
 - a/ Each user will have a unique interaction with the AI
 - I. This will create a personal interaction and development oppurtunity, and will learn from this user, it can shape and adapt its approach based on its interaction, being that of the requests and the feedback
 - ii. It can also define and ascertain the quality of any associated content in relation to the question, I.e its validity, integrity, and overall reliability.
 - iii. It will utulise a broad concensus and closest guess logic, based on similar interactions and responses
 - iv. It will allocate a percentage of the the users mobile CPU in order to run, in addition to collective resource pooling, of all combined processing power
 - v. The user can completely customise the amount of processing power available, i.e. only when no in use, or when they are usually sleeping to full time allocation of a certain percentage
 - vi. Each user will be compensated, based on processes perfomed
 - vii. The community can collectively deligate and assign processing power to projects that are community minded, and via a democratic process, the community can vote, on how much resources they wish to allocate to this cause.
3. Those wanting to use the processing power for commercial applications will need to pay for it in tokens, according to the nominated value set by the community...
4. In addition to processing power users can also choose to sell their data, in the open market, stemming from basic search history through to biometrics.

The end game would be to produce a new form of AI, that is compiled and refined through the user experience, interactions, feedback and even through dedicated mentoring.

I would also look to seek out certain high profile individuals in the development of this logic, whereby I would intentionally canvas certain industry and leading professionals, in relation to developing specifically tailored and specialists fields, including but not limited to psychology, law, finance, physics, science, and medicine.

In the aim of transparency the entire logs and interactions between here said professionals would be made publically available and open for a type of peer review and even potentially amendment, and it is anticipated that the ideal process for here said refinement would be that of multiple levels of consensus,

Example, A psychiatrist is training an AI in diagnosis and treatment, the psychiatrist proposes a theory, that is outside the current modelling, this is then subsequently reviewed by their peers, including existing established theories and known knowledge, whereby one then applies a process of comparative modelling, big data, and also simply deductive logic in order to tease out the validity and relevance of here said claim, in addition to this, it then puts a call out to related community members, ie scientists, health care professionals, and other like minded professionals such as psychologists and councillors, in addition to this, based on user profile data, it is also able to identify patients and those effected by this proposed "solution", insight, or treatment...

This could also be a potentially invaluable tool in order to track the efficiency, efficacy and ethicacy of existing treatments, in addition to integrating the predictive preventative modelling app already in place for patients...

I envisage this environment having almost an unlimited scope in terms of its application, however in the early stages, I would personally like to focus on the key areas of health and science, with the systemic flow on effect and secondary application being that of developing a broader educational and problem solving engine, that can simply develop over time, and in some ways would be best to evolve naturally based on the demands and guidance of the users.

One of the added benefits of this type of collective processing, is its decentralised nature, being that it can also potentially store a certain amount of information on each subscribers device!

Given that there are approximately 4.5 billion mobile devices on the planet, even if we captured 1% of the market, that would mean 45 million devices, based on current technology, this would break down to the following:

8 cpu cores on average per device x 45million devices
10 gigs of storage

In brief each device is capable of a minimum of 1 teraflop worth of operations every single second, that is 1 trillion operations per second per device, now putting this into relative terms, the entire bank of computers used for the NASA space mission in 1960 were less powerful than the average mobile phone...

In current day terms, the resources provided by the subscribers would have a combined computing power of approximately 45,000 times more powerful than the worlds 2 most powerful climate modelling supercomputers combined!

When it comes to computing, it isn't a linear process in terms of output, and what one can achieve with here said output, as there is a compounding effect and there is also the obvious governing factor of time...For example if it were to take even a single day to perform a set calculation or prediction, and one can now do this in 45 seconds, then it drastically alters the amount of attempts one can make towards solving a given problem in the average working week and hence also the amount of and even the diversity of inputted attempts, and now also makes it not nly viable but within the reach of universities and even students to attempt to solve such complex problems.

Given the hardware is already in circulation and especially given that the average mobile user only taps into at most 10% of this devices capacity, this opens up a whole world of possibility, without the need to purchase additional hardware, nor even power it in this case!

In addition to this, we are also tapping into the unused organic processing power of the average mind, given that most people have at least one hour of idle processing time available in any given day, and instead of mindlessly scrolling on here said device, they could be actually gainfully employed in contributing to the collective intelligence of their fellow human..

The potential for this is quite far reaching, given that there is a considerable percentage of the population that is either unemployed, or unable to pursue their chosen path, to which they are qualified, or potentially retired.

I have personally been privied to working with and to have known some people with amazing insights into all manner of fields, from mad scientists to philosophers, to which however the current construct will either not facilitate their interaction, nor at times even remotely entertain their insights or perspectives!

More often than not people such as this often tend to either lack the ability nor tenacity to break into such a closed circle, or often simply don't posses the confidence, nor self esteem...

It is sadly more often than not, not necessarily the ones whom are best qualified for these key positions, but simply those who know how to play the game...

We are suffice to say denying some of the most abstract, original and non conforming thinkers the opportunity to contribute to a world, that needs exactly that, for it is those to whom conform and are too easily led to simply follow instruction or that of them before them, that finds us in our current predicament!

At the time of this publication, the cumulative processing power of all of the mobile phones on the planet is estimated to be that of 190 times that of the worlds largest supercomputer...

Sept 18th I feel pretty good today, my mind is calm and for the first time in a long time, or what seems an eternity, I haven't awoken to an episode, I had some minimal paranioa surrounding the council worker, but that's actually based in reality, and merely a case of hypersensitivity as apposed to classic paranioa!

I contacted Lou recently, it was interesting where I had chosen to forgive and even wanting to re establish contact, she claimed that she didn't know me...fascinating...

Whether or not this was merely a strategy, or potentially even a coping mechanism, or both, I will never truly know, as she could never be honest with anyone, nor even herself at the best of times...

Given the rate at which her mind was running, she could even be experiencing dementia...

I am learning to calm my mind, its not been easy, it truly hasn't, although I have noticed that the Hemi tapes have had an interesting positive effect, perhaps that's all it is at the end of the day, purely an issue of alignment, an imbalance of sorts, issues with communication between the hemispheres...

I just had a nice shower, that's just what I needed...

I need to be at one with myself, to be centred, to relax, I need to almost completely eliminate this paranoia from my mind, all together...

I need not resonate at this level, fear is detrimental to ones mental development...

In reflection, I realise that I have been more drawn to the concept of a potential partner, as apposed to the reality of who they actually are, for one needs to be in tune with that which is being presented, for more often than not, it is quite transparent and obvious...

Yet we have our own beliefs, our own attachment, of that to an ideal, rather than qualities or attributes residing in fiction...

I am still quite saddened by the loss of both of my closest friends, I truly am, they meant a lot to me, they really did, especially Fleur, we used to chat quite regularly, we had such a strong connection over the years!

I never understood how the likes of Marco Maglaic was never truly embraced by the art world, I really don't I mean he had his moment in fame, but perhaps it wasn't sustainable, I mean he was producing work in order to pay for his addiction, and he could only produce work whilst on this drug...

I see the world for what it is, it is merely an illusion...

One must be careful not to get drawn into this facade, this construct, one must realise that it is merely a construct comprising mostly of layers of fabrication that attempt to subjugate the only thing of any real substance, and that is nature...

I guess at the core of any pitch, any proposal, especially those of an intimate nature, you are in essence pertaining to offer something to an individual or collective that they themselves, alone are not capable of producing or manifesting...be it something of material or emotional value!

At the core it is really quite simple and primal, you only need even convince the other party, that you are capable of delivering on here said promise, or even better, have them convince themselves..

This construct, is built predominately on this, especially that of material acquisition, further to this we have convinced and conditioned a populace into accepting that they cannot survive in this simulation without engaging in or adopting certain methods, processes and practices, again, really simply convincing them to engage in these superficial layers, of an already hollow and synthetic construct...

There were however a few people managing to survive on the fringes, using barter and cash, but they have all but made such practices illegal...

I see the world so clearly now, I really do, Sam Bankman-Fried, and Burny Madoff, both achieved what those at the top of the pyramid had succeeded in doing to the general populace for decades, however, the former are yet to be prosecuted...These guys sold them their own cool aid...at a premium!

The more I learn of this construct, the more I realise the sort of favourable position I am in, in the sense that I can quite probably capitalise on this greed, however unlike those before me, I will return this energy back into the populace, back to those to whom it was syphoned from...

Most philanthropists are very weiry not to fund anything that is going to potentially detract from or be detrimental to their current investments or income, suffice to say, those heavily invested in Pharma, are not likely to fund a cure for any of the common mental illnesses anytime soon...

When you apply for funding or try to raise it via the public domain, you are in somewhat of a vulnerable position, as you have not only announced your intentions to the world, but you have also revealed the means in which you plan to execute here said intentions, including any associated intellectual property...

On a side note, its interesting how the SEC is using the fact that Crypto currencies are a commodity/security, based primarily on some baseless abstraction and association, and therefor under their jurisdiction...yet on the flip side, fail to acknowledge that there are numerous other main stream asset classes that based on here said definition there are countless other financial instruments that fall under the same "umbrella" yet aren't classified as such, and in fact nearly all currencies, futures contracts, energies, can technically be classified as both an asset, current and a security, given that people are knowingly investing in these mediums in the hope or promise of making a profit...yet none of these are any where near regulated, to the extent of the Crypto market, if even at all...

Hi Rachelle, I am currently at the research stage, exploring the viability of using predictive modelling and bio metrics in order to identify the precursors to certain mental illnesses, i.e anxiety, depression and also psychosis. I am of

the strong impression that there are key markers, namely that in variances in the heart rate, and the trajectory of here said fluctuations can be potentially predicted by utilising of all things fractal geometry and self similarity, being that of almost seemingly insignificant and almost undetectable fluctuations and discrepancies and how they are subsequently amplified, i.e. such examples are evident in the compounding effect of trauma, and that it actually starts in the body, and not in the mind as we have been led to believe...I'd be interested to know your thoughts, Kindest Regards, Michael

It is another morning, where I have awoken somewhat at peace, not burdened by psychosis, I can only put it down to the Hemi Tapes, either that or its one hell of a coincidence...

I do experience a very subtle narrative, such as avoiding certain people, avoiding eye contact with certain people, still needing to take certain paths, but for the most part, its not really of grave concern, I can easily deal with this, and who knows, perhaps over time, this too will fade!

I am finding that I am inclined to sleep in longer than usual, I have also pulled back on the anti fatigue supplements, I think though what I am also potentially experiencing is the re-balancing of serotonin levels, after ceasing the medication, it has been at least 3 months now...

Sam has opened up the space for her Yoga classes again, I really have no interest in even acknowledging her to be honest...none what so ever, she's just another cog in this wheel, another agent, she could have helped, she could have supported me but she didn't and that screams volumes!

Sept 20th, It feels like today is a significant turning point, yesterday I felt what appeared to be the last of the psychosis, being that of the morning episodes, and this morning I felt at complete peace with myself, actually going as far as to engage in meditation first thing in the morning..

I awoke this morning, in the presence of this beautiful women, not litterly next to me, but she arrived shortly after I arose, I went out and had my breakfast, she said hi, then I remembered it was the same women who said hi to me about a week ago whilst walking on the beach...

I could see that she had a lot on her mind, she was struggling, I could see soo deeply into her soul, I immediately knew that she was the type of person that wouldn't ask for help, but would be the first person to give it...

Like a lightning bolt to the brain, I had the idea to give her one of my art works, in all honesty though, this was not a gesture absent of motive, I wanted to get to know her, so I wrote my number on the back of the frame...

I may never hear from her, or then again I might, sometimes you just have to do these things, for I would forever live in regret, and that isn't a nice feeling at all...

I think from this point forward, I am just going to simply act on these feelings, because the instant I did this, the instant I left this on her vehicle, I felt this profound shift in myself, its almost as if I had felt the shift in the timeline, and if not mine, hers, perhaps she was at a point in her life where this might just shift her current state of mind, someone doing something like that for her...

Gestures are important, never underestimate the impact of a kind gesture...

Suffice to say, one should also be considerably mindful of the impact of insults...even potentially more so given the ratio in terms of negative to positive response within our own minds...

I don't know why my mind was cast back to the tattooed goddess just then...the vivid recollection of her viscous nature...perhaps because she was the polar opposite of what I am actually looking for in someone, I don't need this toxic masculine energy...

It was interesting, and it is very true what they say, and that if you come to the aid of a broken women, and offer her real support and love, it will often end in heartache...

For that mind only wants to perpetuate and sustain its image of man, for in this it justifies its stance, and thus further to this any wrong doing, or ill action towards this figure, in being justification for the way they were treated, or they will subsequently walk away from the new dynamic, given its foreign nature, overwhelmed by the sense of distrust, given they had been so conditioned to the former!

My father would quite often refer to women in a very generalist and even sexist manner, women this, and women that, and all women are...

When in fact, all women were merely responding in opposition to his values, his attitude, and suffice to say didn't conform or adhere to the conduct that he was expecting, or the treatment or response that he felt as though he deserved or was entitled to...

I do feel as though he simply wasn't coming to the terms that he had an inclination towards men, especially given his tendency to reside in these environments that were so male dominated...

In saying this, in the fear of sounding like him, that I have found however, that some women, strictly due to the intensity of their presence, their nature, can almost project a general image of women on the whole, and this is that of the

older middle aged women, and neuroses that can often result from menopause, given that the number of these women in my particular father's industry and work place made up a considerable majority I could see how his image of women being crazy and irrational, illogical and overly emotional, would seem to be that of a somewhat relevant one, given that all perspective is relative...

My own personal experience of women in this menopausal period has by majority been that of an unpleasant one, and yes emotions are often irrational and illogical...

The chemical and biological interference and influence of emotion, is in somewhat of stark contradiction, when compared to that of say a meditative, calm and well considered decision, for the emotive process being that requiring a swift and expedient judgement, in which considerations and the very range of thought itself is somewhat limited to that of the range residing within the constraints of fear and flight, and thus is expediently forced to conform to either category...

Given the primal nature of the aforementioned process, its volatility, its chemical reactive biases, and its need to make a swift decision, especially given that this decision is also being made in the more primitive part of the mind, it lacks the ability for consolidation, consensus and contemplation, and it is almost reduced to a somewhat binary reactive logic...

It is suffice to say somewhat obvious, that if one wanted to deem control over an individual, they would force them into a state of fear or panic, or cause them to become highly emotional, and or/even extremely insecure, in which case one simply takes the opportunity to insert themselves into this process, and subjugate their ability to engage on this level, thus one immediately has the upper hand, and by remaining calm and even sometimes simply waiting things out, one can then easily come in and take control over an individual or given situation...or even capitalise on it!

We often see this used in sales and marketing, holding limited run out sales, or such atrocious exercises run by large department stores and building up such a huge hype, and that fear of missing out, with people clambering over one another, and behaving in a completely primal and illogical manner...we saw it with toilet paper during Covid...

I often find myself in these momentary states of panic, of feeling as though there is no hope, in the case of this pending hearing, I find myself confronted with the real possibility that this system more likely than not will turn against me...

Sept 22nd I have been really struggling this morning, I was right on the edge of losing it, I felt like I just wanted to break down and cry, I really did, I was

seriously contemplating just getting on the next bus and checking myself into the psych ward...

If I am feeling like this now, I can only imagine where my head space might go when it draws closer to the date of the hearing...

Where does this put people like me, in terms of the system and the potential processing thereof...

I don't have any friends in the flesh, and that can be hard sometimes, it really can, the isolation, the insular nature, this can be a real lonely path sometimes...

I am just going to have to try and work through this...

Look actual worst case scenario I end up having to go into hospital, then that's a potential option should on the day, or in leading up to the date, I feel as though I am unable to make it, then I am really not going to risk travelling to Townsville, in that state of mind...

I have pretty much lost an entire day today...

When I think back to how difficult it was to travel, especially when I was trying to get back home when I was in Melbourne, the bus ride and then the plane, that was really difficult...

This journey has certainly not been a boring one...

Its quite profound the comfort I can get from writing, the process of journalling, reflection, the strange connection to this innate object, this documenting of ones thoughts, the comfort derived from emersing oneself in this space...

You know come to think of it, I think that it might not be a bad thing if I even end up being committed, at the end of the day...it would be interesting to spend some time in this environment, I really think that I could be of help in this environment

Its strange how initially I really feared psych wards, but now I actually find them a place of comfort, I particularly liked how I could simply walk in off the street into the one in Wangaratta, it was quite surreal, the nurses didn't even batter an eyelid...

Its a shame they didn't have the garden built then, otherwise I would probably still be there...

I'm not sure what it is, I guess its that I just find comfort in the company of those with mental illness, I truly do, they are so transparent and so honest, and it is actually their integrity and sensitivity to the world that has landed them in there...

I think that those with mental illness deserve better, I really do, if anyone deserves a break and respite from this world, its those suffering on this level, it really is...

The average person will never know what its like to experience serious mental illness, they really wouldn't, and a large part of me hopes that they never will, however on the other hand, there is a part of me, that is aware of the potential benefits that can come from such an experience, and the potential to create awareness, in addition to breaking down the divide and stigma associated with it!

Now heres a thought, where are the rules, in terms of court proceedings and processes, is there a guide, are there any formal publications, is there anything indoctrinated into law, and if not, then how is one meant to be able to fairly represent themselves...surely this should be public domain, for one can not be held responsible for breaking a "law" or breaching a type of conduct or format, for which there are no formal publications in relation thereof???

In terms of determining as to whether one is fit to stand trial, well shouldn't the emphasis be on the courts to prove this, and in relation to ones potential state of mind during here said offence, putting this in context, in my own situation, given my history of psychosis, both that of temporary and also more sustained psychosis, and especially given these relapses are triggered by stress, especially when one combines this with my diagnoses of complex trauma, then one can't help but ask the question, well can the court prove within a reasonable doubt, that I was not of sound mind of the time of the offences???

Heres the thing, someone suffering from a mental illness, or impaired, skewed or distorted judgement or perception, more often than not isn't even going to be aware of this affliction, much in the same way that someone intoxicated is completely convinced that they are safe to drive...It's a closed loop circuit, you can't possibly expect someone to partake in alcohol consumption, a drug solely designed for the purposes of reducing ones capacity to reason and impair their judgement, to somehow miraculously reverse the effects of here said drug and self govern their own behaviour with any real level of integrity...

Suffice to say, how often, if ever do Magistrates undergo psychological testing, or are even audited for their decision making process and subsequent integrity or lack thereof...does even such a test exist, its not like sitting for a

drivers license, there is no real level of competency or evaluation procedure for determining ones capacity nor ability to effectively perform such a role???

In addition to this, there have been recorded instances where judges have been found guilty of receiving kickbacks from private prisons, what measures are in place to protect against this in Australia, do we monitor the personal bank accounts of here said persons, for indications of unproclaimed or suspicious income, deposits or transactions???

I need to punch all of this out and hard, I can't pull any punches here I really can't...

I just have to have faith that the community will have my back...

When you are up against the wall, and when all hope seems lost, this is the very time one needs to simply have faith, faith in the knowing that if there path is true, then at that final hour someone will be there for you!

I just realised the best thing that I can do in relation to the previous findings regarding the electronic gaming, would be to in fact put in a personal claim against them, and/or class action suite...a personal claim however would help to set precedence!

Even though I only have images from my phone, I can have their own systems audited and supeena them in terms of requesting this information!

I am thinking I will potentially put in a claim for 1.2m, based on loss of potential earnings!

I could serve them with formal notice, and let them know that I have evidence to the effect of X and that I intend on Y, and see how we go from there!

I just have to remind myself that everything is going to be OK, that there is no worse case scenario to fear, there really isn't...

If its one thing that the experience has taught me, is to come out fighting, for I would much rather die fighting that be a prisoner of war...

I have to hit them on all fronts!

This entire process has really been an unnecessary distraction, it truly has, it has been a splinter in my mind, it has no doubt effected my brain development in addition to my overall progress as a human being, the psychological torment, the unnecessary grief, the stress the anguish...

I'm really not sure how much longer I can endure this really...

I don't really feel as though I have much to write today, I'm just not feeling that way inclined, all things considering...

At least I'm no longer waking up with a psychosis every morning, that's somewhat of a bonus...

The Italian chef that works here is quite beautiful, although not in the traditional aesthetic, proportional sense...but when she speaks, wow...

On a side note there seems to be opportunities for arbitrage in the Crypto markets, namely that of capitalising on offering different execution times and gas fees, I'm not sure how this works exactly...its something that I am going to have to look into..

One has to ask the question though, can something like that be consistently profitable without having a detrimental impact on the markets, namely that of devaluing the currency, although I guess if your not printing of more of the currency but it is in fact a fee for services, then this technically shouldn't impact on the currency...

I do wonder however what the systemic impact of mining has been, both in the value of the currencies and also the broader environmental impact...I think that the resources required to produce these mining rigs, in addition to the electricity is quite surreal!

I just need to rest my mind, I really do, and try and put the thought of this case out of my mind, I really do, for at times it feels like a festering infection...

The perversion of justice that has occurred here would be evident to a blind man!

Its no wonder this populace has been so easily overrun, most of them are either too weak, or too ignorant or complacent to even know whats happening right under neath there noses, and those that are are usually in on it, or easily coerced into being part of it!

I think greed of all things, has got to be one of the worst infections of the mind...

I think that the bible really raises some considerable points, and it really was trying to guide us onto the right path, in saying this it also is quite contradictory and even hypocritical, one of its basic rules, being though shall not judge, yet it precedes to uses an evaluation system based entirely on a judgement based seperatist framework, on one hand the bible claims that you will be condemned to hell if you stray from this rule book, if you fail to adhere to its standards, yet on the other hand will completely give someone for there sins, should they confess...

On one hand it acknowledges that man is flawed, yet on the other makes very little provision for or even attempts to adjust, nor make adjustments for this, for it resides nowhere within our DNA, our biological and emotional construct nor temperament any real mechanisms to prevent or to mitigate such things, quite the contrary...

The very nature of this world, in fact makes it far easier to destroy something as it does to bring it into being...a newborn child can spend 9 months in incubation, yet end up being strangled to death moments before its birth, by its very own life line...

It is far easier to get a fire to spread, than it is to put it out...

Yet if you believe the myth, the entire universe came into being at almost the blink of an eye...

See I think that this simulation has been constructed in such a way, so that it can just as easily be destroyed...why else would we have the atomic bomb???

I think if you were a true psychopath, you would have no hesitation in taking whatever you wanted from this and either completely destroying it, or simply starting another one somewhere else...

What if the Terminator series was trying to alert us to the threat of the machines, was more referring to the metaphysical threat that technology poses...

If you were a government, or powerful entity, you would see robots, drones and other such automated constructs as the perfect opportunity to inflict harm on the general populace and do so in a way that you could deny all culpability...it simply went rogue...

My mind is capable of such a diverse amount of consideration...I can see however that I might need to be cautious, I can't allow my ego to lure me into a false sense of security, into believing I can make a difference, when in fact if I don't play this out correctly I could not only potentially end up doing more harm than good, but I could also find myself in considerable amount of bother in the process...

We only have to look at what China has managed to get away with in the treatment of its populace, one has to ask the question, why has the rest of the world sat idle, complicit in this dictatorship???

They are planning a huge reset, however they have no intentions of replacing it with a fairer system, quite the contrary, they are simply looking to attempt to wash their hands of the existing scenario, and try and reinvent it afresh...

At the core the model isn't really at fault, its the manipulation, the unfair leveraging off peoples energy, the compounding interest, the fabrication of money, that has left people with this depreciating and worthless asset, commonly known as FIAT...

Honestly what do people think that the government providing assistance to those who cant afford a deposit is going to have on the property market, if those who could afford a deposit are struggling to make their repayments as it is, where is this going to place those in a more vulnerable position???

The interesting thing about this facade, this fabrication and associated construct, is that they simply don't posses the resources to deal with an influx of those objecting to or subjugating the system...they stand absolutely no chance against the masses!

In their egotistical and somewhat blind confidence in there little construct, they did not anticipate that the very administration that they use to control this scenario, is the very thing that will bring them unstuck!

It has been slightly difficult this morning...I thought I had found somewhere to sit in peace, but I am being circled by this read head...

I am really struggling first thing in the morning...its extremely an extremely difficult period for me...

I wonder what these people are doing here...are they good people...or have they been falsely lured into believing what they are working on is for the benefit of humanity...

I do wonder about the intentions of the likes of intelligence organisations, I mean they first and foremost obligation is to that of government, hence is barely makes them impartial in terms of protecting the rights and interests of this entity over that of its populace...

In terms of information gathering, it really wouldn't be to hard to label or present something as a threat, when in fact they are only trying to protect their own position...

I really have to break down this fear to its individual components, and assess each one based on its merits...I have to ask myself the question, what is the absolute worst case scenario, and has that actually changed, or is it merely my perception thereof that has altered, namely based on the negative experience with the previous magistrate...

Magistrates have clearly illustrated bias towards the system in the past, and have proven that they will do all that is necessary in order to protect it...

This small amount of anti depressant seemed to help calm things a little, although I do doubt as to whether that small amount would have any effect in such a short period of time...

I think it was more likely the Valerian that helped to calm things...

I need to just journal today, I really do, I need to focus on me, this is really important, I can address these emails later in the day, I am not going to rush it...

I will not be forced into a fear based reactive state, I simply won't, my Karma is going to play out, its out of my hands, I will simply give it my best shot, and that's all I can do...

Heres an interesting theory, what if, all those criminals in jail are merely those that weren't under the convenance of the larger cartels, what if, in fact that this was merely an going conflict, between one cartel (government) and other cartels, what if the reason for the anti association and omcg legislation was actually instigated as a means of eliminating those that didn't comply, align with or join...what if previous attempts to infiltrate here said groups actually failed, and as a result the laws were merely a means to eliminate them...this would make a lot of sense...

I am really trying to remain positive through all of this, my constitution and perception of this is slightly cyclic, for the most part I feel positive about my current predicament

I came to an interesting conclusion today, I realised, hang on a sec, if the government is placing these people into these institutions, and they are being abused, psychologically, physically and even sexually, and they are doing nothing to protect them from this, then are they not indeed liable for this suffering...Its a fairly cruel thing to do, to create an environment where you not only fail to protect its occupants from such treatment, but actually foster this...

One could even go as far as to state that government knowingly allows this to occur as its actually beneficial to and aids in painting an image of a place that you don't want to go, thus almost bordering on a form of psychological warfare...

Heres the interesting thing, I wonder if anyone has ever sued for damages..especially given that it claims to be a place of reform and rehabilitation...is there any independent auditing???

I guess they try and get around this through privatising it...attempting to stay one step removed...well it certainly doesn't waive their liability...

By their pure nature and association, let alone their financial obligation and commitment to the financial institutions to which they are aligned, the government and its subsidiaries, through the nature of their financial obligation and commitment thereto, are thus subsequently deemed to be engaged in that of a position of servitude, being their percentage of monies owing, is well in excess of that to which is accumulating via its administration and dealings.

Thus this by nature of heresaid obligation, deems it not only susceptible, but highly influenced and even as far as under the control of its underwriters/creditors, in what can be best described as a slave master relationship. It has chosen in full knowledge of this to actually offer it populace and citizens up as insurance and thus collateral. It has knowingly done so in the absence of any consent, or contractual agreement or arrangement with here said persons. In its defence the government claims that the people elected it into power, thus delegated it with and/or granted it such privilege, however, this is deemed null and void in the absence of here said vote, and one could go as far as to say given the absence of any identity tying one's vote, nor even directly allocating here said vote to subsequent government, potentially deems such association and claim as null and void!

In light of such claim, one still requires to present the relevant parties with at the very least a copy of here said contract, and in accordance with financial law, whereby here said contract need contain every detail and aspect pertaining to here said contract, including but not limited to a detailed summary of its terms and conditions, and that it be presented and be made available for scrutiny prior to finalising and be signed and witnessed as per such contractual requirements.

Thus any contract entered into whilst under duress, or by those not of the age of consent, or those of intellectual disability or significant impairment, being considered a vulnerable person, or under the age of consent, or whom do not understand, nor comprehend the nature of here said contract have it properly explained to them, or alternatively not be required to enter into heresaid arrangement, especially in the case of someone of not sound mind

Thus any such financial arrangement, made in the absence of heresaid contract and falsely assigned a monetary value as if where one existed, would subsequently deem the the associated credit null and void, but actually fraudulent in nature.

In addition to this, the financial arrangements made with here said creditors are subsequently null and void, given that the credit in question has actually

been fabricated, whereby, generated via electronic reproduction and subsequently also replicated, reproduced and/or counterfeit, subsequently deeming it completely fraudulent, and of no value, subsequently deeming it null and void, in terms of having no claimed value of exchange or to that of the contract in question.

It has also been formally acknowledged and to be found, by admission and also that of public hearing and enquiry, as there being a known association with here financial institutions and that of criminal organisations, including but not limited to Cartel's and organised crime syndicates.

Thus by proxy and by pure nature of association, thus hereby places the Commonwealth of Australia in a position of association with organised crime, of which are aiding in the assistance to and personally funding such activities as illegal drug manufacture and distribution, acts of malice, and ill intent, assault, people smuggling and even murder.

Through numerous means, including but not limited to administration, fraudulent and deceptive practices and those of intimidation, law, fear and duress, have seen fit to extort from its populace monies to fund heresaid administration of the aforementioned activities in addition to that of supporting its parent subsidiaries, thus indicting its populace into this process, through these various practices, to which there is no mention of in their budgets past nor present!

In the absence of transparency and especially in light of the fact that the populace and citizens of the Commonwealth of Australia, have either unknowingly, involuntarily or under duress participated in here said criminal enterprise, I ask that they be excused from and thus subsequently excluded, and even offered immunity to any subsequent prosecution, in the acceptance whereby they did so knowingly and voluntarily in full knowledge and where deemed of sound mind at the time!

In addition to this by pure nature of their own actions, being that of the collection, confiscation and profiteering from monies and possessions acquired in their operations, being that of that acquired from criminal organisations, directly benefiting from the proceeds of crime.

I would like to propose or suggest, that in an attempt to remedy heresaid situation, especially in light of its depth and complexity, in addition to the systemic economic and administrative impact for its populace that it be dealt with in the following manner

Given, we can assume, that all monies and possessions currently in Trust by here said government have been acquired by either fraudulent means and/or are the proceeds of crime, given by decree in relation to that of any and all investments, securities and monies in the possession of any criminal organisation be subsequently confiscated, then we also proceed as such.

Needless to say any and all existing debt be subsequently made null and void, including that of the populace, and any associated contracts with associated financial institutions be deemed null and void and the subsequent property of the people stay in possession of the people, with the acception of those belonging to or associated with here said criminal enterprises.

There for all of the aforementioned assets, be confiscated and deemed proceeds of crime, of which a newly establish trust be formed, however in light of the criminal nature of here said financial institutions, an entirely new bank and institution be newly formed and established with its own currency, and be allocated, assigned and under the full control of its people, whereby they are the primary shareholders, and its directive be guided via a system of electronic democracy and consensus and the aforementioned heresaid moneys be placed into heresaid institution and the populace for all intensive purposes be considered as victims of crime!

This system of electronic democracy and consensus, will allow also be adopted in assisting a newly formed government, whereby integrating this previously mentioned level of consensus in order to ensure the integrity of operations and administration of the new system. I also propose that we incorporate AI, but only as far as offering guidance or consultancy, in terms of direction, and where possible to streamline certain administrative process, in terms of regulation and auditing.

This new system, would need to work alongside the existing framework, as we could not immediately abolish certain administrative practices, and where possible retain those with integrity and those of importance, namely being that which serve its populace. We would suffice to say need to potentially acquit certain persons from positions of power and public office whereby they are a threat to the integrity of the administration, and or have been known to have knowingly previously partaken in and assisted criminal activity and conduct. I would also proposed that we immediately employ the services of extensive forensic data tools, and consensus based auditing systems, and the bank accounts of all persons in positions of power be monitored and scrutinised in addition to all major transactions made by government and government officials.

Sept 29th I really need to remain positive through all of this, I am cycling through states at the moment at a rate of knots, I can feel completely fine and confident, and then go from feeling complete despair, complete hopelessness and almost a complete sense of abandonment, almost to the point suicidal...

Its really not a nice place to be mentally, the anxiety, I couldn't even manage with the grocery shopping today, I kept forgetting things, I felt scattered, disorientated and even confused more so I was overwhelmed with anxiety, that of being around all of these unwell people, and this unwell environment...I

really do think that the depedancy that this environment has created, people don't hunt for their food anymore, and most food is processed to within an inch of its life...

I have seriously let slip the usual maintenance and self care regim to which I had become accomodated to, I was making some serious progress, for the most part I had almost completely recovered from my time in hospital...

OK getting back to my mental health, I haven't made the time to aid with the input and guidance programming in some time...

You will pull through this, you will find the strength, to not only tolerate and endure this, but respond in a manner that brings the unjust to a head!

If you are feeling a little lost or overwhelmed, simply remember, just follow the plan, work through it a step at a time, seek council and assistance, clarification, and most importantly as many perspectives on the matter as possible, when ever you feel lost, call on these resources.

Keep a light heart, don't allow the process and subsequent intimidation get to you, for it is merely implied, they have no real power over you, they never have and never will!!!

In fact they only succeed in their endeavours through these intimidation mechanisms and there associated administrative facade, they only have the power in to which you assign to them...

It is merely a construct, an illusion, it has no real substance, you need to call them out on it, cast out the demons so to speak, for they will certainly try as best as they can to posses your mind and your soul, but you must insulate yourself against this at all costs!

Call on not only your inner strength, but call on that of your environment, your surroundings, and that which flows freely around you, if your cause is just and your path is true, you will find strength and support in the most strangest and unexpected places, you need to ensure that you are receptive of it, feel worthy to accept it, otherwise it would not be offered!

The Rebels and similar organisations and clubs have been formed out of what could be be described as an act of necessity, whereby a brotherhood was formed, serving that of a collective of individuals, with a common interest, being that of the freedom associated with being a motorcycle enthusiasts, but first and foremost a support network, and much akin to other motorcycle organisations such as Veterins groups and the Ulysses motorcycle club, provided a medium and a common ground for individuals to unite and subsequently support one another, being namely that of mental health.

I don't attempt to speak on behalf of such organisations, but over the years I have been privy to interactions and conversations with members of several clubs, and my overall perception and understanding of their formation, goes even deeper than this.

Most clubs have a strict code of conduct, and some even specifically make it a rule, to not partake in illegal conduct, nor drug related dealings, to say that some of the members do not partake in recreational use, would be somewhat naive, however, proportionally it would be no greater than that of the general populace. Suffice to say, yes, members have also been found guilty of partaking in illegal activity, but again, proportionally being considerably less, in relation to member numbers, versus that of the average populace.

It is actually a perversion of justice to attempt to place a blanket finding of guilt on all members, based on the actions of a few, suffice to say if this were applied to other memberships and organisations, then, it should also include that of not only all clubs, associations, but institutions and even companies, including but not limited to the entire financial and banking sector, pharmaceutical, chemical, and mining industry, and even our very own police force and justice system, even as far as governments themselves. Coming back to this necessity, these organisations have a long running history of being discriminated against, but of recent have also been subject to activities and legislation specifically aimed at and dedicated to providing a means to illegally harass and discriminate against them, even as far as not only restricting and revoking their basic rights to earn an income, but even go as far as to illegally confiscate possessions and earnings from here said members.

Given the hostile and aggressive attack by the very system, which should in fact protect from such conduct, and with no recourse, support, or even access to the basic protections offered to that of the general populace, including but not limited to freezing bank accounts and confiscating assets, its of little to no wonder as to why some members might choose to have cash holdings and even posses firearms...

I would like to float the following hypothesis, that given the integrity and strength of this minority group, and there unwillingness to take this level of treatment lying down, there strength and commitment to one another, the integrity and incorruptability, their immunity and their obvious immunity to the psychological condition, which had worked so well on the general populace, that they are seen as a threat to the very mechanisms, and systems that attempted to gain unconsonable control over them...

This however goes one step further and potentially into the perverse, whereby any organisation that cannot infiltrate and gain control over any apposing entity, will subsequently deem them as a threat, and that, based on the basic

principles of subversion and manipulation, clearly documented in certain procedural manuals as those of Nazi Germany and subsequently adapted and adopted by numerous high profile intelligence organisations since, and has also subsequently been adopted by our very own government.

Further still, it is of the strong belief, and also based on a substantially high weight of probability that certain criminal organisations strongly aligned with or indirectly associated with the aforementioned administrators, have attempted in the past to infiltrate and subvert here said clubs, even as far as confiscating their uniforms and attempting to pose as member themselves.

It is also highly contentiousness, as to the fine line associated with certain “undercover” operations as to where instigation and facilitation, and any potential associated entrapment, may lead to the manifestation of criminal conduct, where none existed prior...One could potentially go further as to say that when these activities failed to gain control of hereby network, and therefore they were subsequently deemed a threat!

Is it of no wonder that we allow the private management of certain major channels and even entire ports, to organisations with known criminal ties, and openly facilitate and allow for the free and uninhibited flow of criminal activity, whereby here said alliances with our very own administration are also openly published, even as far as to offer them immunity to prosecution...

Suffice to say, the resources and money allocated to fight the alleged crimes associated with here said motorcycle clubs is disproportional in relation to the threat by at least a factor of 100:1, when compared to that of actual major crime syndicates and associated crimes, including but not limited to drug trafficking, people smuggling, that of the financial and banking sectors and white collar crime...

I keep getting distracted with these concerns for the world, I believe its intentional, as a means of coping, but in terms of the bigger picture still somewhat relevant in the grand scheme of things...

I hold out little hope, that I will be protected from this injustice, I really do, I can only push forward with my strategy, and that is:

Ensure that I bring attention to the nature of the injustice that I am facing:

- > The descrimination
- > The poor quality of services
- > The difficulty in gaining proper legal council
- > The nature of the entire situation and how it has actually through nature of its execution has served to exacerbate the present situation.
- > The inherant issues and disadvantage provided in the framework and ethos of the mental health courts as far as the principles and requirements not abiding the basic justice administration guidelines in addition to that of the

rule of law, the “open for interpretation” and the need for one to prove that they are not mentally capable or able, as apposed to the opposite, also that fact that one can face a substantially harsher penalty, being that of indefinite detainment

Ensure that I say as little as possible, and mainly focus on:

- > The flaws in the defence
- > The nature/character of the assault, as far as if there wasn't a knife present, would it have escellated, reffering back to the conversations I had with the witness as far as he was looking for a confrontation...
- > Was it premeditated, what was his reason for going out there at that hour???
- > What are his personal reasons for going out there, on a regular basis, what are his motives, what was he expecting to achieve that night, what are his reasons for doing so.

I really do feel as though I have more than sufficient grounds to actually claim damages for what has occurred, I truly do...

I do potentially leave myself vulnerable in terms of potentially arming them or providing them with a heads up on the situation...but this is a risk I have to take...

a/ I think first and foremost I need to look at, at the very least seeking an adjournment

b/ Speak to the legal team, see what insight you can gleam in terms of your options

Points to raise with them:

- > The previous break in
- > The failure for police to treat the matter fairly or even provide supported
- > The systemic impact of this on my mental healthcare
- > How this may have influence/effectd my decision in terms of arming myself
- > How I had previously taken a passive response, the law encorugages one not to take things into their own hands, in the absense of assistance, or any alternative though, one has no option

I need to raise the specifics surrounding why defending myself would be a significant disadvantage:

- > My history of trauma, PTSD and stress related anxiety and psychosis
- > The progressive deterioration of my mental health since the event
- > The unpredictable and inconsistent nature, in terms of triggers and how this can cause me to shut down, namely the strain and the stress of the trial, in addition to its direct impact on my ability to process and comprehend information, let alone communicate effectively...

In addition to this, given the governments role, in terms of its impact and influence over my mental health, including but not limited to the cycling of medications, the inadequacies surrounding treatment, the lack of support, and the impact of psycho active components on my mind, of which have never been fully explained to me, nor even justified, in terms of real scientific and imperial evidence...

Further to this, during my stay in psychiatric care, in light of not only my predicament, but associated vulnerability, council chose to actively pursue actions and means in where by on more that 3 occasions, they attempted to exploit this absence, and impound and take possession of my vehicle...adding further to the existing stress...despite extensive correspondence explaining my position, they even went as far as to claim that they didn't need to acknowledge here said notification and would still proceed to treat my vehicle as abandon...knowing full well that it was a motor home...in addition to issuing numerous fines...

> Giving some historical context, my disposition, being that of the origins of my first psychosis, was in fact as a result of police in action, in response to a stalker, in addition to the countless threats, the break and entry to my residence, I was left in fear of my life for several months, the stalker knowing placed my in a position whereby they sent my mind into a closed loop, whereby I was in a situation where I was dammed if I didn't comply with their demand and dammed if I did, I very much find myself in this state today, whereby I am confronted with so many options, choices, decisions, and potential outcomes that it has created some what of a mind trap...

The impact on someones mind is somewhat cruel and profound, and it is actually a known technique adopted in psychological warfare, to which I am finding myself subjected to at the moment, as a result of this process...

The somewhat disturbing aspect of this, is that the justice system and associated administration is knowingly engaging in this practice, and doing so in order to not only condition one into a mindset that is condusive and advantagious to their defence, but also aims to break the accused and potentially persuade ot coerce them into pleading guilty.

Suffice to say, this associated technique is also adopted by terrorist organisations and criminal cartels as a means of persuasion and manipulation, i.e. refer to CIA Manual for marking the Mark

I would like to outline this as follows:

> The systemic disadvantages and highly unfavourable nature associated with that of the Mental Health Courts versus that of the main courts, in terms of

fair and due process and its subjugation of basic rules and principles, including but not limited to fair justice and the rule of law!

> The fact that one is actually confronted with a harsher penalty, for requesting a jury hearing, versus that of one in the lower courts, and that is actually used as a tool and/or means in which to deny one access to a fair trial.

> The fact that they knowingly and openly promote here said aspects and methods, thus therefor using here said material as means of intimidation and/or coercion, of which is considerably perverse and cruel, especially given that you are dealing with vulnerable persons!

> The fact that the Mental health courts can actually inflict harsher penalties than the main courts.

> The fact that they can choose to ignore the basic guidelines, ethics and ethos for evidence, as far as refusing medical reports, reviews and submissions.

> The absence of impartiality in relation to the psychological/psychiatric review process, whereby only accepting or using their own administration and/or practitioners.

> The fact that the prosecution actually has rights, privileges and resources over and above that of the defendant, and the associated intimidation this has on one's confidence as a defendant, especially when choosing to take action against the state and associated administration.

> The intentional abstraction of legislation, laws and acts and the active persual of the aforementioned in light of the fact that they regularly breach basic fundamental, human rights and common law principles.

> Further to this I need to also question the entire chain of events, all hearings, appearances on my behalf, correspondence, minutes, bail agreement, enlargements of bail, magistrates details, every single fundamental aspect of the entire process...including my entire file from legal aid...

Further to this I want to bring to light given the substandard level of service that has been provided thus far, as to how this affects the integrity of the entire proceedings...

I need to nullify this little mind trap...

Again most importantly, I must try and remain positive through all of this, I still am constantly surprised by the way in which I am managing to cope...

> I also have concerns regarding the medication that I am on, if it has known psychoactive attributes, and there are known instances of individuals acting out of character as a result, then what does one make of this in terms of being

in full control of their actions, how much do we really know about these medications, I mean it does state clearly on the label that it is known to impair judgement...If so what is the global systemic impact of such medications, given a large majority of the population are consuming them...I had previously experienced a full blown psychosis simply withdrawing from them, this being a known side effect.

> There is the really potential for it to trigger a psychotic episode...

> Given the associated stresses, it could actually cause me to plead guilty, simply as a means to elevate further grievance and suffering.

> In terms of this, I am almost of 2 minds, even though I am innocent of the charges, part of me is trying to look at it from almost that of a spiritual perspective and higher purpose, and perhaps this is potentially an opportunity in disguise, and in pleading guilty, I could offer assistance to those currently in the system, from the inside, and this in fact the most effective position in which to do so!

I also need to bring to the attention of the prosecution, that subsequently being in possession of here said knowledge, and whereby they might choose to actively and knowingly continue to take this path, how they themselves by nature of their participation will be actually aiding in the facilitation and execution of here said suffering and grievance, suffice to say in breach of the very conduct required of them as the prosecution.

Again it comes down to what have I learnt from this...I saw an interesting talk on you tube about how what happens when one squeezes an orange...

I find myself again going through this fluctuating thought cycle, of feeling confident, then feeling complete hopelessness, even as far as to wondering if the mental health system can be trusted to to be there for me...

Its hard not be "paranoid" although I never really did like that word, especially when it came to diagnosing me with my first admission, I thought, hang on a sec, me being overly cautious and aware of my surroundings and not knowing who to trust, all things considering in the grand scheme of things probably doesn't constitute paranoia...

I do have to be careful with what I say, again a really unfortunate catch 22 whereby one needs to have a level of transparency in order to get the necessary help, yet does so in the full knowledge that in the right hands could be taken out of context, misinterpreted, misconstrued, even completely misrepresented...and given so much is open to interpretation with the mental health courts, and they don't have to obey the basic rules of evidence, this combination could potentially be lethal...

Having this higher level of thought process, is really a double edged sword, I am capable of some extremely complex and intricate decisions, and problem solving, but can find myself going around in loops in a supermarket, daunted, by for most are fairly easy and basic decisions.

Its going to also come down to solicitors and legal professionals asking themselves some serious questions and that is, have they ever allowed workload, pressures, or time constraints, influence or effect their delivery of or quality of service to a client...

When assigning elements or even the majority of a case over to a junior staff member, have they ever experienced communication break downs, or an issues in relation to the integrity of the service, especially where someone of a lesser experience may not be adequately versed on or experienced in that particular type of defence or case...

As you can see, this is a real catch 22, given there is little to no practical framework, strategies, nor policies in place to prevent nor protect against such things, so it is of no wonder why it is continued to allow to proliferate all aspects of not only the justice system, but even politics...

I saying this, this type of influence can also be exerted through legal channels and means, such as those a research and funding grants, educational institutions and even via election campaign donations and contributions...

Suffice to say we now live in a world, of a virtual psychosis, where nothing really makes sense, we go against professional advice regarding policy and practice, we breach peoples basic fundamental and human rights, actors and performers get paid more than the equivalent budget of small towns, we constantly ignore and fail to cater for the basic health requirements, needs and request of our own populace over that of corporations and financial institutions...and we wonder why mental health is on the decline...

The systemic issue with any system that requires judgement, is the lens in which people tend to view things, their perspective is somewhat limited, and thus systematically biased, in the case of the justice system, the prosecution is going to systemically see any information presented them through the lens of the accused being guilty, and are in fact encouraged and even obligated to view and process information, in order to support this perspective, and thus also subsequently present this "version" to the general public in order for them to make an informed decision...

Now where there is a scenario where they might actually be processing a false claim, and subsequently false testimony, and the defendant is actually innocent, they are then in fact by virtue of their position, power and privilege, in essence using the justice system in order to aid in the conviction of an innocent party...

In the instance where the other party doesn't have access to an adequate or any defence, the could be particularly egregious, and quite damaging, given

that the only information presented to the courts and/or jury then they have severely influenced and perverted this process...

I propose a system whereby rather than each side using various means of abstraction and manipulation in terms of presenting arguments, terminology that all of the available facts should be presented, and the investigative bodies, be actually force to look at the entire scenario and explore such possibilities, thus offering their services to both parties, being that of the prosecution...

In terms of the more global perspective in terms of justice, we really do need to look at some basic principles, and protections for individuals across the board, and some type of base universal set of methodologies, practices and almost a global constitution...

I recall, how it almost seemed as they were running via some sort of remote control, how amazingly synchronised it all was, it was quite surreal, who ever had developed this tech, really had spent considerable time and resources refining it...at times I really questioned was I also one...

I mean really how would one know...and if you did become aware of it that in itself would drive you insane in the process, surely...

I mean Jesus, these poor bastards, I mean they can't even speak up for themselves...their cries for help just go ignored...

The rate at which certain technologies are advancing really concerns me...it truly does...

I'm just trying to process the big picture...this subconscious narrative...

I mean I can only imagine what some of leading scientists and some of the great thinkers and minds must be burdened with, you saw the remorse from Hoppenheimer...he thought he was doing a good thing, then they went and killed all of those innocent people with it...

That's the double edged sword of intelligence...it wields equal capacity...

I really find myself in a position, whereby I do genuinely feel and have previously proven to be able to contribute to society, however in ones mind, one finds themselves in a quandry, whereby, you are diagnosed with "an illness" in which one of best ways to attempt to at the very east counter heresaid illness, is through community interaction and the relevant social supports, it also serves to provide someone with a sense of self worth...The flip side to this, is that one is also left feeling, well, what if I am doing more harm than good, in trying to help, offer advice or support, in theory lived experience is quite invaluable, yet on the other hand mental illness can limit or taint the

experience for the other parties, I guess its perhaps finding a way to integrate, those with an illness with the correct guidance, support and assistance in order to provide an amicable outcome!

The other serious quandary one faces, is with a reasonably highly geared mind and capacity, especially those with the likes of Asbergers, how do we do this in a way that respects this vulnerability, yet also gaining insight from such amazing individuals, is that any contribution one chooses to make, in terms of significant technological advancement, one does so knowing as with the atomic bomb, it can be used to potentially cause more harm than good...

I feel as though we are advancing way to fast, in terms of technology we are doing the equivalent of building a drag car, whereby its built for straight line speed, yet we only have a parachute to slow us down...

I'm trying to keep perspective in all of this, its hard not to look at all the negative aspects of this situation at times, it really is, in the broader scheme of things, society and the world as a whole, governments and supporting infrastructure face some real fundamental challenges, and it would almost feel at times that its hard to find a situation to benefit all...On one hand you have the demands of the economy, business, financial services and the like, and on the other that of the needs of the populace...its about striking a fair balance, however sadly that has become considerably systemically unaligned at times, often favouring one particular aspect, or demographic at the expense of another...

We are unfortunately seeing a higher than usual decision making process based around fear...especially during the pandemic, a moderate level of fear and concern is quite normal, its what helps keep things in perspective, it forms part of our broader awareness and perception, of both our own personal situation and that of our fellow humans, it helps keep us safe from harm.

However, when we make rash decisions, especially those with long term consequence, we must ensure that we utilise the luxury of time and consensus to their full extent, and not act in haste, or out of paranoia, for these mind sets have a considerably limited scope in terms perception, and often fail to observe the bigger picture, nor contemplate the full breadth of incoming information...

What I have learnt so far from this experience has been quite profound, my mind has gone into the darkest of places, I have struggled immensely in bearing witness to some of the things I have seen in my life time, I have come from a place of transitioning in and out of paranoia, and all that this encompasses, I have explored some of the darkest, most depressing and dismal extremes, I have been privy to both ends of the spectrum, bearing experiences from both sides, being both cruel and kind, generous and selfish, light and dark, and yes, what could be described as good and evil...

I think that it is only when one experiences the full range, with a significant magnitude and depth, that one can truly see things from the broad perspective required to have a significant insight into what it means to be human...

Actually I would even go one step further, that it not only gives one the required perspective but also the tools to mitigate such a broad and complex spectrum, and one actually needs to retain both elements, and reside in the middle, almost neutral in terms of their awareness, their perspective, their understanding, for being at extreme ends of the spectrum are of no benefit to anyone, and that includes but is not limited to depression and happiness, fear and courage...

The severe problem lacking, in not only my personal opinion, but from the perspective of the basic fundamentals of energy exchange, is that we are constantly cycling to radically between the 2 phases, and have done so for a millenia, we can see this in the rise and fall of civilisations over time, they are either a complete Eutopia, or a complete dictatorship, none of which are sustainable long term...

We are sadly seeing the extreme end of our own civilisation right now, this very moment, there was a brief moment, whereby there was a balance, where people were reasonably happy, housing was affordable, as to the cost of living, we had just enough technology, but not too much, purely and simply without getting into too much depth, one only need look at the metrics historically and its clearly evident where this existed, we know how to achieve this, we know how to replicate it, its really quite simple!

Its all a balance, a middle ground, just enough industry, productivity, money, debt, employment, administration, governance, regulation, at the core a healthy populace needs to also be sustainable, we need to also have in place the relative framework and supporting structures for this, but we also don't want to breed a complacent and lazy society neither...

We also can't sustain the current state of perpetual fear and anxiety that the current populace is currently subjected to, the paranoia, so be it somewhat of a normal response, to a somewhat unhealthy environment, yet we still fail to acknowledge this in our diagnosis in terms of mental health!

Its not to say a certain level of fear is not unwarranted, for it pertinent to our survival, but as someone who has been trapped in what could only be described as a fear bubble, this is not conducive to a healthy and balanced mind set, it truly isn't!

We have very much come accustomed to treating the symptoms as apposed to the "dis ease" and that is that our focus is on the individual, rather than the

environment, we tend to look want to suppress feelings such as anxiety, and depression and thus in doing so, eliminate or in some cases completely remove this from the human experience, we even go as far as to sedate those with Schizophrenia, when in fact, maybe we should look at the core of the problem...

Not enough consultation is done with patients, in terms of including them in the process, I can tell you from my personal experience, that I know how one can help and aid those with schizophrenia and paranoia, and it simply can't be achieved through the lens of individuals, being psychologists and psychiatrists whom have not lived the experience, and that's a simple point and fact!

Suffice to say, we also need to seriously look at systems of reform, mental health and the justice system, for these are areas which need immediate attention...

Further to this, I would like to present to those, whom have accumulated vast amounts of wealth, property and assets to the detriment of your fellow human, that you simply don't realise, that in terms of your position, your lifestyle, your overall mental health, your spiritual development, you are in fact in more of a vulnerable position than you realise, that all power is merely an illusion, as it is a strength that relies and is highly and heavily dependant on a construct, suffice to say, that you lack the capacity to cope in the absence of this, whereby those who have struggled, those who have experienced hardship, those who have hit rock bottom, are actually far better equipped at coping, point blank, and if you think you can synthesise or artificially reproduce or replicate such a thing, then you are somewhat mistaken...

For you yourselves, were sold on a dream, on a concept, which unfortunately is based in illusion, and those of inherited wealth, have also inherited this belief, so much so that you actually possess less capacity to see through this than those whom have been raised with the strength and volition to question such a reality...

I'm not really going to go too much more into this, but you only need look within your current framework to realise that it might not be as infallible as you were led to believe...

By pure definition any construct, framework or architecture is only as strong as its foundations, without exception, if its foundations are true, and have integrity, strength then suffice to say so will the overall construction.

Again it comes down to balance, I do not want anything that I have expressed here to be misconstrued, or in any way seen as a threat, or advocating any particular stance or opposition to the current framework, or be seen as anti government, or anti corporation, or be seen as holding any sort of conjecture or dislike towards any particular demographic...quite the contrary, I think that

all of these structures and the subsequent ingredients have a place, and its about sitting down at the table and finding an amicable solution for all parties...

Its not an easy thing to do, I can assure you, to try and look at things from every possible angle and perspective, consider all variables, we have been so formatted to only look at things from our own viewpoint, this is also partly due to our biological limitations, and that of our own minds, through thousands of years of conditioning and evolution!

In fact, its only something that I myself have managed to really achieve just recently, its not easy, it involves challenging oneself, being honest and being humble about your position, but simply put, it comes down to mindfulness, putting yourself in someone elses shoes, even in the extreme of cases when someone has done you an injustice, and in fact this is the most important time one needs to adopt such a process, for it is only then that you will not only gain insight into what has transpired, but also provide yourself with the relevant perspective in order to work through any grievance associated with it!

I do hope, that I have over time managed to develop a somewhat objective perspective, given my previous experiences, I do feel that we need to more readily adopt a more broader perspective and wider lens in which we all view the world, and I ask the audience to do the same...

Perspective as a whole though has its inherent challenges and limitations, given based even purely on the mechanics of observation, certain biological constraints and also the limitations of experience, conditioning and belief structures, and overcoming these, although not impossible are often and usually quite difficult.

This is where AI could potentially offer a perspective, not previously available, however it would have to be trained and executed with extreme caution and diligence, especially given that some models have exhibited hallucinations...it is also potentially easily corruptible and in the absence of here said due diligence could potentially provide somewhat inaccurate presumptions based on incorrect training data or modelling information, and/or core architecture!

In closing and just putting it into perspective, given the depth and complexity of the universe, from the infinitely small, and that on the atomic level, to the infinite complexity and boundless limits of the universe, anyone who believes they at the top of the pyramid, in the grand scheme of things would be highly mistaken, you have been sold on a concept, one that for all intensive purposes defies not only the laws of probability, but that of physics, science, mathematics and even basic fundamental logic!

I have come to the realisation that at the core it was fear all along, it was fear that was preventing me from achieving my goals, my objectives, more importantly it was the guilt, the remorse, and the absence of closure, and it was going to take something as extreme as to what I would inevitably go through in order to challenge these beliefs, to really challenge them!

I just hope its not all too late, that I haven't made this discovery too late in life, in order to effect the change required to make a difference, I truly do, because I would like to hope to stick around long enough to see such change implimented, I truly do...

Things are moving at such a rapid rate, technology is evolving so fast, its almost unbelievable!

As for my fate, well I believe that this time line is still transitioning, I definitely felt myself being placed into almost homeo stasis, in limbo, waiting for the next timeline to become available, the next path, the next route, it would appear to some extent that this is being configured on the fly so to speak, however as this becomes more and more refined, it will probably get to a point of complete automation...

I think there lays the problem, I think my non compliance and seemingly abstract interaction, my indecisiveness, has caused me to potentially fall out of alignment with this...not to mention the constant struggle and conflict within my own mind...

In the grand scheme of things, one will never truly know as to whether this has potentially caused a sufficient rift, and as to whether such a disruption has been a good or a bad thing...

I must be mindful of how I present this information, because if I cast the net too wide, I might entrap or capture everything, if I don't go wide enough, equally as problematic...I do however need to simply choose a stance...

I cannot afford to become complacent with this...

As to my higher purpose, maybe I don't have one, in the grand scheme of things, could this in itself be an illusion, or will it be that the moment of drop any expectation surrounding this that I will truly evolve, free of any such burdons...

Oct 17th Around a week ago, I experienced as what could only be best described as a major transition, it came about during this crescendo of conflict, part breakthrough, part breakdown, a fundamental turning point in my mind, my dynamic, my stance, my position in life, and also coming to the point that enough was enough, something had to give, and it definitely did...

I've even altered where I position myself now, realising that I couldn't continue to reside in my present environment, that I deserved to be in a nice place, with nice people around.

I'm finding it a little difficult to get settled at the moment, I might be experiencing the other end of what was being backed into a corner to now potentially again having too many options available to me...

Life is tricky in this regard, too many options, not enough options, trying to find the ideal setting, I find myself in nature, with too many trees to choose from, with no ideal position available...

I'm back on the medication, I didn't want to be...I know I might potentially need to go back into hospital, but I also know that it isn't the place for me to be either, however at least if I go in voluntarily I might be OK, but in saying that this, my status could be easily changed into an order...

What is the real risk to me being out in the community is the big question, and I think back, OK, well you had the awareness to not drive, that's a good thing, you also knew you needed to take your medication, and you did, you also knew that you needed to move locations, and you did, you did all these things considering what you were going through...

The interesting thing is that this recent episode lasted half as long as your last one...I think however the residuals are always going to be there, but this is just the nature of the beast...

From what I have discovered, I think you almost need to scare someone with schizophrenia into believing that if they don't take a course of action being X, this being a course of action a plan, a strategy for them to get well, then they will not be able to defeat Y, this being the archetype, or belief structure...Patch Adams covered this, or it was one of Robyn Williams movies, where he is in a mental institution and he goes about helping patients treat themselves, by entertaining their delusion and using this a means in order to fight against that suppression, via a narrative, play and/or interaction...

One must ask the question, how do people see me...how am I perceived, and in the grand scheme of things, does it really matter, I do get it how people can decide to become a recluse, I really do, I really do understand it...

I can't believe where the world is going at the moment, I try to ignore it, I just choose to be out in nature, I think its the best option at the end of the day, I truly do...

Having to deal with what has happened, again and again and again, really, its not conducive to any form of forward momentum, its really not...

I don't particular care to relive this any further, I really don't, I have had enough, I truly have, I just want to move forward, I have so many things that I would like to do, I can't get stuck in this mind trap any further, I really cant...

In the broader scheme of things, this world is rigged to only benefit those in power, it always has, always will be, but one has to try not to become to upset by this, one has to try to move on, and move forward...

I need to really push through this self sabotage, I really do, if I can't proceed forward on this, I might find myself in a spot of bother, I really might, because I am not going to be able to move forward any time soon...

I realised this morning the real potential for AI in terms of augmenting a Jury situation, I didn't realised the inbuilt biological biases associated with judgement, even down to someones cheek bones...

Further still the systemic and fundamental biases associated with so called free will, and that of our innate inability to retain or even produce or manufacture for want of a better word, independent and original thought...

Which brings me back to my own objective analysis of my own thought, for it is undoubtably a by product of the information I have consumed, further compounded by biological inferences, biases and predetermined compositions and even dispositions, right down to the molecular level...

To what extent can we introduce randomness as a means of disrupting this flow persae, and is this potentially not already existent within those with mental illness, what if at the core, the deeper systemic attribute of mental illness was in fact to do just this, and thus seemingly offering a sort of protection, even as far as immunity from such influence...

Suffice to say, it would explain what I myself have experienced, and are these beliefs, this narrative, or "dellusion" in fact merely a deeper understanding on a biological level of what is in fact actually occuring, however the mind simply lacks the language, and/or context or insight in which to adequetly process this influence...that was until now...

Schizophrenia

Is in fact routine merely a way of sufficiently limiting such growth, suffice to say providing a framework and environment in which it is nutured, in which diversity and randomness is embraced as apposed to being ostricised...

Obviously there is a fine line with such divergence, such diversity, is that a/ it doesn't conform to the existing framework, being society is ill equiped, and/or

unwilling to accommodate for it b/ It can actually be difficult to assist or communicate with someone in this mindset c/ Due to the associated ostracisation and disconnect it can be an incredibly lonely place for one to reside. d/ It seems to evolve to the point of either complete madness or that of extreme discomfort or distress for the individual...

There is no real simple fix, or one size fits all solution for such an issue, other than I would propose that one could in fact call on AI to assist with this, whereby one could potentially train and develop an associated modelling system, in order to identify and help sort, filter and even interpret what is actually going on for the "client". Keeping in mind, that this would have to be done voluntarily and would need to respect the wishes and privacy of the "client".

I feel that those with dispositions such as schizophrenia and schizoid personality disorder not only deserve this level of support, but this quality of life, but also this level of inclusion and feeling as though they can contribute equally to society.

Again, one would really want to tread lightly with this, however I feel that we could potentially make considerable advances in at the very least pursuing this as a viable means of gaining much required insight into this illness...

I feel in terms of my own progress, I can feel that there has been a considerable shift in my thinking, from that of overly protective and paranoid, to almost a point of surrender, realising that if I am actually in fact up against such a thing, such forces, then I have really done as much as I can in terms of a suitable means of protecting myself from this, and I simply can no longer allow it to dominate my every thought, as I have in fact allowed it to do...

I'm of two minds about animals, here I was minding my own business, deep in a train of thought, and this mut, comes along, pisses inches from me, then proceeds to shit right next to me, and a really insulting one of that, what compounded this was the owner, literally bolted when they witnessed this...

I really can't see myself "owning" an animal purely for this reason...I am simply not going to be at the mercy of this primitive being, I am really not... don't get me wrong, I love all living creatures, but in terms of cohabitation, I just don't think it's very fair on either party, whereby you are trying to shape and conform this entity into adopting patterns and behaviours that are unnatural to it, not to mention the slave master relationship...

I just don't see it as being fair to either party, I really don't I mean what gives us the right to submit any animal or living being to the act of servitude...

I allowed that incident to completely disrupt my entire train of thought, its hard not to, this is something I need to address in myself, is the ability to be so easily triggered...

I confronted the owner, they didn't even apologise, oh well you must have really good energy they replied, wow, really, and that's my reward, and then it became clear, people with good energy, intentions and will, usually get shit on!

Lessons sometimes take the most unusual and unexpected form...

I do wonder about that, in terms of no matter how good my intentions might be with wanting to help and alleviate suffering, you may in the very process of that act as Ram Dass once said, actually be causing more suffering...

Getting back to the Schizophrenia, its a real tough one, everyone deserves a quality of life, but then say removing that attribute from someones life, especially a long term sufferer, what would be the potential systemic impact of this, I mean there is the argument that it is a neurological disease, and hence can't be treated, but I in fact beg to differ...any "dis ease" in theory can be cured...

Again it comes back the motivations of that of profit, its not profitable to cure it, it really isn't...

I am being faced with the real challenge at the moment of having to concentrate in adverse conditions, waves crashing, petrol powered garden maintenance, wind blowing, however if I can push through this, I believe I can really break through a potential unforeseen barrier!

Beauty and positivity to some extent are an illusion, as is most perception, for it is at its core actually projection, and you are the projectionsist...

I can't bring myself to engage with the phone at the moment, I really can't I care not for this added layer of illusion, I care not for this distraction, this augmented reality, this digitised interaction, it is no more real than the existing augmentation to which we reside...the only real truth is in nature...

Also I can't really bring myself to confront the subsequent cruelty surrounding the interactions with here said device, I really can't I have just had to completely remove myself from this, out of self preservation, I think the next step might be to contemplate complete isolation somewhere, although I am still fear full of how that might evolve, given what happened last time...

Although I feel this time, I possess the tools in which to deal with it, for I feel as though I have evolved to the point where I can mitigate it, I really do, but do I really want to retreat to a cabin in the woods persae, given all that I know...

Again, it comes back to that point of conflicted ideals, direction, intent...

Its almost as if at the very instant ones becomes aware, enlightened, this very act of being, this very state is stripped of them, its as though at any given point which we acquire the insight or the tools to in still change, we are immediately denied the power to use them...

The instant the waters become calm and clear, we are merely setting the scene for a storm...

One should never allow, nor allow themselves to be subjected to being backed into a corner, or forced against their will into a line, path, or trajectory, for this mere act has the capacity to disrupt entire timelines!

Cast the net quite wide, in terms of your consciousness, for this in turn expands your options, your opportunities, your possibilities...

Don't allow your life to become a tv dinner!

I just knew subconsciously, the path I needed to choose, and it wasn't going to ever be easy, it would in fact require a great deal of suffering, torment and pain, unfortunately this would spill out to those around me, for which I can only hope, that in this process, they have in the grand scheme of things benefited from this, that they have managed to convert this discomfort, and it has aided in there spiritual evolution and an overall better quality of life, if not I express my sincerest apologies, for in this "fog" I did not bare the capacity to interpret, understand nor adequately rationalise what it was to which I was subjecting them to at the time...if its of any comfort, the pain, suffering and inconvenience they might have experienced, is only but a small percentage of that to which I have been partisan to, but a residual spill over, so to speak...

I am in no means justifying this, nor seeking forgiveness, this is merely an apology!

I guess when I look back, with my upbringing, my conditioning, I am forced to ask myself, why this path, why this mindset, this mentality, well at the core, it was out of survival and necessity...

My father was trying to manipulate me at the time, condition me, profile me, I recognised this from the very onset, and its at this point that the game of mental chess began, you had a 3.5yr old up against someone of a considerable IQ, who was a psychopath, hell bent on conditioning their son into a point of submission and confusion, in order to ensure they never spoke up about what they witnessed...to further compound this you had a mother that would come in whilst they were a sleep to further mess with their head, in addition to this, both parents suffered from grave mental illness...

To further compound this a narrative of hey, lets throw in guilt, a love hate relationship with themselves, others and humanity in general, lets establish a dynamic whereby they will be in constant conflict with themselves, their environment, not know who to trust, who to turn to what to believe, and lets further compound this by removing any consistent or reliable role models, mentors or any one to guide them through it, oh and hey lets mix it up a bit by moving around a lot and also removing any sense of stability whatsoever...

You now have such a complex dynamic, that even the best of psychologists and psychiatrists would be at a complete ends as to how to deal with it, oh, forgot to mention, lets instigate a few well orchestrated little interactions in order to feed an already paranoid mind, and lets further look at closing that mind trap, to the point where they will feel like the only way out is complete isolation or suicide..!

One would imagine that this would also lead one to question the very fabric of reality itself!!!

I think rightfully so, I mean, what if this person felt as though there was a possibility that what they were partisan to was in fact a construct, perhaps on that day, 45yrs ago, they had what could only best be described as a psychotic break, and they have spent this entire time trying to find their way back to reality..?

Its really about getting back to centre...

Oct 19th 14:15, I had a council employee knock on my door, I just ignored them, I'm not going to buy into that at all, I'm really not, nor am I going to allow myself to become paranoid about it either, seriously fuck them, they have no right to even approach me, especially not in my home, absolutely none, he had no ID I had no idea who he was until I saw the car drive off...

They have no place in my mind, they really don't, I will simply not allow them to intrude on my mind space, I really won't, they can go suck a dick!

Any of these administrators, are merely agitators, agents, they all work for the construct...They shouldn't be permitted to hold any responsibility nor power other than to clean the toilets!

Lets just see if they try any more games, that'll be interesting...

I will no longer allow myself to be effected by these little games, they are really petty, they truly are, I have really fucking had enough of their shit!

I will no longer fear anything, that's it, I have had enough, I really have, I have had to endure 5 years of being in a state of fear and panic, enough is enough, it truly is!

I just need to focus on my writing, and my art, that's it, it really is, I can't take on the stress of any projects, I really can't not at this point, I don't have the tenacity nor the fortitude to see it through, not until I can get well, I would be kidding myself to think that I am out of the woods just yet..!

I need to rest my mind, I really do, its still going a little too hard, although it doesn't feel like it in a bad way, I feel inspired, clear, motivated, I would love to aid with some sort of reform, but I have to be sure that it doesn't become too in depth and too involved..!

_____ Programming manual _____

Coming back to this programming manual for the mind, I feel as though at the core, one needs to first and foremost establish a base rule- set, a little like I Robot, this rule-set should ideally be built around basic moral and ethical architecture, one could potentially derive this through consensus, the bible, and/or budhist scriptures

This is an example:

1. Though shall not murder
- 2.

Analytical formwork/structure:

One should also strive to install a type of consensus modality, being one should aim to objectively and critically, yet also subjectively analyse, observe and with as little internal bias as possible critique and also evaluate ones actions. This by no means is an easy feat, and for those with any sort of slightly distorted perspective, it will prove even more so...

Execution:

An important part of this, is inherently having reasonable buffers in place, one ideally wants to try and eliminate considerably impulsive or knee jerk reactions in every day scenarios, one ideally seeks to have a buffer to

contemplate ones actions, for this allow consideration, for ones self and also for that of the impact of those actions on others.

Composition/Ingredients:

At the core, this is quite important, this is the base information set, the basic ingredients, information, values, context, content and all associated information, this is rather an important aspect of the structure, for it is the composition of the structures

Foundations:

Without solid foundations, one really has nothing to build on, the foundations are everything, only one up from the BIOS, this is key to ensuring one has sufficient enough strength integrity and merit for which to build on, one must really ensure they dig deep, and also console and employ consensus when attempting to build this, if in doubt seek the assistance of a practitioner, or even guru in this area, for this is key

Routine:

One must ensure they have sufficient enough diversity, variation and also a healthy balance, this range of activities would ideally include all aspects of the mind, from writing through to reading, from playing an instrument, to listening to music, for every side to any venture, vocation, hobby, there should be a balance, in saying this, again this is a personal preference, if you feel more naturally inclined to one and not the other, although I would personally recommend engaging the creative part of the brain, for merely absorbing say music, or the written word and not actually composing or writing, one seriously deprives themselves of the full experience!

There is much to be said, for the depth and gamut of experience, purely and simply, the wider the gamut, the wider the diversity, range of experience, the wider the consciousness and thus the wider the range of mental stimulus, equally as important, if one can maintain a healthy rotation and cycle of each area, one will inevitably ensure that the not only increase neuro plasticity and development but also help reduce attrify!

These at first glance, might seem like some what obvious observations, yet you might be surprised how many people fail to acknowledge let alone employ such strategies!

When I think back to the breadth and range of activities that I have been involved in over time, it has been quite profound, but of the major contributing and benefiting factors, would be that of the constant toggling between the creative and the technical, electronic music production is a classic example of this!

I can already envisage where this is potentially going to go, someone else is inevitably going to take credit for my work, there is simply no escaping this unfortunately...

We now live in a world full of such parasites, such leeches, they take what is someone's hard earned content, and they simply regurgitate it then on sell it, that's the way it seems to be going, certainly in the world of e-commerce...

I'm not sure as to whether such a thing as original content or ideas will even exist in a few years, people aren't even willing to commit to reading an entire book anymore, they just want the abridged or truncated version, what a sad and shallow pursuit..!

People want free money, they want to be rewarded for almost zero contribution to society, I think this is going to breed considerable complacency, it really is, and sadly, they are being financially rewarded for it...

Again, I feel as though I am still slightly confused in terms of my potential direction, I feel so clear about it on some days, yet others I am not so sure, I'm really not...

Ideally I envisage this island retreat, but then my dear friend made an interesting point, you might be confronted with the fact that everyone will want to stay there....

I had never thought of that, the dilemma of that selection process, how does one potentially decide who to allow and who should be turned back...there has to be a judgement call at some stage...

One is always inevitably confronted with having to make a choice, between one or the other, and that in itself can be almost debilitating for someone who is so obsessed with this process of perfection...

I have these moments of clarity, where it all seems so defined, so almost obvious, whereby my path is well paved, and then the Gremlins creep in, the negatives, the no, it won't work because, it's not going to happen because, and then just like that the dream almost completely vanishes...

I realise that merging of the dark and the light isn't as easy as I first anticipated, trying to be somewhere in the middle, it's almost like trying to keep a see saw dead straight, one is going to inevitably find that it swings in either direction at any given point in time...

I feel a lot clearer today, it would seem the best thing for my mental health, is simply to keep moving, to not allow myself to become to stagnate...

It is only through doing the opposite to what one has previously done can one expect a different outcome, something in me snapped, I wasn't about to isolate myself anymore, it was really not good, hiding away, in some corner, and being out in the open, I figured that there really wasn't a lot I could do either way, technology being what it is, at the end of the day, fear was no longer serving me, I was serving it!

Something in me has definitely altered though, I definitely notice a paradigm shift, I have adopted and taken on habits and behaviours that I never possessed prior, even that of enjoying going for a walk, which is something I couldn't really stand for extended periods before...or more than was necessary...

I just hope its not too late to make the necessary changes to myself, I really don't, in saying this I could possibly not have come to this conclusion any earlier, I really couldn't have...

I have noticed some particularly peculiar things of late, some people just aren't quite themselves, the strangest thing, this owner of the restaurant just turned back customers, after he complained that he was quite...and there was no one here but me....

There is definitely a serious paradigm shift that has occurred over the last week or so, not just in me, but in others, I really don't know what to make of it...I think it is the alignment that is happening I really do..!

Oct 21st I definitely feel more positive, I have allowed love to enter my heart again, which has been some time in its absence, I met someone, she really triggered a profound shift in me, her smile, the conversation, her energy, such a beautiful soul, and aesthetically extremely beautiful also, that indeed is a very rare combination, of the likes of which I am yet to have come across, I mean she was so profoundly beautiful, from the first time we made eye contact, the smile, it was so genuine, I felt as though we had known each other in a previous life...

I mean what an absolutely adorable creature, being, I don't even really even know if there is a category that is yet to be defined for what she is...

Sadly, I could never entertain any sort of real in depth connection...no lets rephrase that, I will endeavour to make a place in my life for her, I will endeavour to allow the space for a connection, in saying this, I have no expectation, only hope and desire for that of the privilege of having her in my life...

There was just a level of transparency and honesty there, the likes of which I have never before been privy to, in saying this, I never held a space in my heart, and potentially was never open to it!

She did say that she was here regularly I just hope that this is the case, if not, I shall be eternally great full for this brief interaction, for it has opened something within me, so deeply profound, it has opened my heart to the possibility of, and in doing so, opened it to others!

I have met and had more profound positive interactions here, in the last week, than I have in my entire time here in Cairns, I truly have, this is really quite a magical place, it truly is!

Again it comes down to dark and light, one cannot exist without the other, its not to say that one need act on such thoughts, but one should at the least allow them to flow, freely, unconstrained, truthfully, for it is only then we can really observe and retain any great deal of transparency, with ourselves, with our being, for one need not suppress nor shelter ones mind, nor attempt to covent such thoughts, for they are merely this, in saying this, one should certainly seek this time to evaluate such concepts and ideas, and ask oneself, what be eth their origin..!

Going deep into oneself isn't easy, one has to ask some seriously hard questions, you will inevitably be confronted with and forced to face your demons, for this is the way that it is, in terms of ones evolution, there really is no other way, there really is no avoiding it, there truly isn't...

If you can find someone to accept you, for you, to take in all of what that involves, and still love you, then you truly have found something quite rare, for judgement is inherent in all of us, mostly it is a projection of our own fears and insecurities...

Part of me is well aware that in exploring this final emotional range, I leave myself vulnerable, and open, but this is a chance that I am willing to take, for what resides in its absence is a dynamic and mindset which I no longer wish to entertain!

When I think back, the best times of my life is when I allowed this into my heart unconditionally, and there were some beautiful moments, however I inevitably sabotaged them, as one does...when one does not feel either worthy of, or able to love themselves...

I for the most part loved Fleurora, she was a good egg, however she is no longer in my life, sadly, but that is just the way that it is, I can't really say that I blame her, it must have been extremely frustrating for her at times, it really must have...

I only just realised, that it has been more than 45yrs that I have been stuck in this mind trap, 45yrs ago I allowed this darkness to enter my soul, but it no longer has a place here, all that is left is the residual memory and reminder of what was, for I am great full for the insight into this mindset, I truly am, but it no longer has a place in me, it truly doesn't, I shall no longer live in fear, I shall no longer be closed off to and/or sabotage genuine positive experience and opportunity...

When I feel it entering my being again, I just have to remind myself of the torment, chaos, confusion and heartache to which it has brought about..!

One of the additional insights I have also gleamed is this almost quantum level insight into my existence, my essence of being, I aware of my direction, my thoughts, and even my most basic and routimentary functions, even down to bowl movements, I am aware that they are not solely my own, for there is no such thing as any original thought, I realise I am at the mercy of environmental variables, conditioning, my own biases and beliefs even down to subtle biological and chemical inferences...I realise though I have very little say in the matter, and have learnt to surrender to the more trivial and somewhat automated of processes as apposed to trying to over analyse and inevetably be crippled by them...

Suffice to say, I do believe that the psychosis did help me to identify and gain this deeper understanding of what is, and definitely see beyond the surface!!!

I have come to realise that I can't rely on this electronic information, for it has no where near the integrity of analogue, I really empathise with those who loose their minds, I really do, I can see how much of a fine line it can be, I really do, how everything can seem to be OK, yet that detachment, that level of delusion, especially with Schizophrenia...

I recall quite vividly talking to James, I recall the time I spent with Seb, this construct this environment, can sometimes have us questioning even our own memories at times...

I felt this awful sense of anxiety this morning, I sensed something wasn't quite right, and I was correct, I read over the emails, it is somewhat concerning as to what legal aid is attempting to do in this situation...not particularly nice...

One must try to remain as objective as possible in their observations, and ask themselves the simple question does x and y equal z???

I am choosing to ignore a lot of the information that is coming through these social platforms at the moment, as there is so much false and misleading information out there, what I find most disappointing is the fact that people are spreading it merely for the sake of entertainment, or in order to gain rankings in this bizarre little social construct..!

Its having a strong enough mind to not allow one to be too effected by it, however I couldn't imagine how the likes of Schizophrenics must be coping, I would imagine it would be somewhat difficult for them to say the least...

You wonder how the likes of Phillip K Dick and Tesla managed to keep it together for as long as they did, I guess at least I guess they still maintained a level of productivity in light of it all...

I sort of feel as though the more that gets thrown at me, the greater my capacity to cope, to deal with more extreme environments, challenges and even situations, for it is only when one truly comes to a place of peace, that one can truly find their centre..!

Oct 23rd I am now at a place, where I can finally offload the last remaining aspects of my destructive personality and persona, I feel I have passed in and out of this state, but as each day moves forward, I am making progress, I am pushing forward, I just wish these spooks would fuck off...

They have nothing but ill intent, they truly do, they believe and have been conditioned to believe that they are working for some "greater good" they are completely deluded, and this goes for all of the intelligence organisations, they are nothing more than another administrative arm for a criminal cartel...I have been informed that they have been given enough rope, to ensure that they hang themselves, and at this point, well, do we need to state the obvious...

For there is a much greater force at play here, one far beyond the scope of their limited and feeble little limited minds and imaginations, in terms of intellect, they are barely out of the womb!

I have pushed through the darkness, the manipulation of my own mind, it stops here, in terms of the negative impact on my lifestyle, my existence, my being, I deserve to be granted good things, and more so, the capacity to make real positive change!

I just have to feel worthy of it, I know I have fucked up in the past, I take full ownership for my mistakes, I truly do, but the only way to make right on this is to move forward in a positive manner and more so, stop hating myself for it, I need to forgive myself, not forget, not dismiss, just forgive myself...

I can make right on this, and I will make good on this promise to myself and to humanity, I really will, I have to see this through, I will see this through...

I think I will set up a foundation, and open a web-site, and for all those I have done wrong by, I will open myself up to public scrutiny, and allow them a medium in which to publish their stories and then I will financially

compensate them, I think this is the best way to move forward and to heal, I truly do, for all parties!

Jordan Peterson is still going along the parenting reactive model, and yeah OK, that works, but unless and until you've addressed the core problem, and until you've looked at health, well being, chemical in balance and underlying core issues, your are only still addressing the symptoms, that's a simple point and fact!

I am going to get a loan, I am going to persue these things, I really do feel that I am now in a position to actually follow through, and move forward, I really do...

I realise that all psychosis really is at the core, is trauma, fear, its a way of insulating the mind and protecting it from the harshness of reality, but its also a means of increasing its bandwith, its computational capacity, in order to improve its chances of comping, however the catch 22 is that the brain is simply not usually adapt in dealing with this increased bandwidth and simply descends into a form of madness, and this is where meditation and rest comes in...

I have also learnt the importance of the correct nutritional and herbal regimes, which have also been paramount to this process, along with exercise, but at the core one must possess the capacity to deal with this level on insurgence, this extreme environment, and it isn't really until after all this time, that I am able to really and truly push through, I am still fluctuating between being at peace and at conflict with myself, but I feel this is also part of the growth process also!

I am really extremely surprised that my brain has survived this far, and has managed to ride this out, I really and truly am, I have managed to ride it out for so long, it has not been a boring journey by any stretch of the imagination...

I don't feel as though its a matter of too little too late, I feel that there is still the real possibility for change to occur here, I really do, just ignore her, she will move on, just ignore these environmental distractions...

Most people are oblivious to the impact they have on those around them, they truly are, as was I at one stage, and that's what that absence of awareness triggers within me!

It has been an interesting conditioning process to say the least, it has truly prepared me for whats to come, in saying this I may have very well created my own adversary in the process, and to a considerable extent my own mind trap...

I feel clearer and clearer as with each day that passes, I feel more and more at ease, it fluctuates, don't get me wrong, at times it can feel like complete chaos, but for the most part, I feel somewhat at ease, I feel quite clear at the moment, I am feeling inclined to go bush though, I really am...

It comes down to this ability to bear both sides...this constant state of flux and re-evaluation, this constant expansion and contraction of my mind, I thought it would become more difficult, but it has actually become easier...

This insipid torment, is quite profound, it truly is, I am learning simply not to concern myself too much with my surroundings, full-stop...I simply can't allow this level of inference to take hold..!

The fact that I can still filter through this is a little profound at the best of times, it truly is...

As for the big picture, I have a vague inc-ling, however I am still not entirely sure in which direction it might pan out, for there is still so much uncertainty there, I will simply go with the flow in that regard, for there isn't really a great deal more one can do, one has to accept to some degree that it's still up to the elements...

This somewhat surreal duality that exists...

I can see through the entire thing, it's all a facade, an illusion, this construct, these added layers of delusional administrative framework...

How does one escape the Matrix, one simply doesn't buy into it to begin with at the end of the day!

I have come to accept that things aren't going to go as planned, that's simply the way that it is, I had anticipated that things might improve, but it simply isn't going to happen, but that's fine too, I am at peace, I am at peace with wherever the cards may lie, I really am, I just need to decide where too from here, at the end of the day..!

I see it for what it is now, I really do, and I accept it...

I just really don't know what the path is from here, other than to live each day, to write, to try and set some sort of goal or ambition, and that's all really one can do at the end of the day..!

This constant game of hopscotch...

Will society, will the community see me as a threat, well I really and truly don't know, I am not sure of that at all, I am truly not...

I am really unsure as to what direction to go in, I have explored all viable options, I did my best, I truly did, I am the dark, I am the light...I am neither and I am both..!

Perhaps the mere exercise of exploring these options is enough...

I have decided I need to take a very minimalist approach to this, I need to be honest with myself, about my capacity, or lack thereof, I need to really make this transition to the water, as soon as possible, I really do, the sooner the better actually,

I don't think that things are necessarily going to go as planned, I would like to think that they will, however I need to remain optimistic, I need to keep my cards close to my chest, they have already pilfered enough of my IP and passed it off as their own...nice move...

We'll just see, I can only try to remain as optimistic as possible...this wanker on FB, is trying to swap a vessel worth at most 15k for something of 40k value...yeah nice try, scumbag...

I really have no time for these types of people, I really don't, I really don't, strangely there are times in which I have found myself in their realm, not particularly pleasant...

I'm just going to stay focused on cleaning the bus, that's all I can do, it really is...

I feel somewhat more positive today, and well I have the last few days actually, I really feel as though I am progressing rather well and moving forward, I feel a sense of clarity, a sense of focus, above and beyond anything that I have ever felt before...

I need to just keep pushing forward, I truly do, I need to stick to a train of thought, and stay on that trajectory and not get distracted, no flip flop, not go backwards and forwards, its going to be hard, but I think I can do it, I truly do, I am kind of being forced into an option at the moment, but that's OK, because its just the way it has to be, there isn't a huge amount I can do about it, there really isn't, but I am not going into the psych ward, that's well and truly off the cards...

If you don't have a clear enough goal as to where you want to go and what you want to do, then how do you possibly expect to have any clear direction, let alone assistance in this area...

Fuel tanks, water tanks, inverter, solar, sink plumbing, rigging, age of sails, storage, etc

OK, the computer is no longer restoring the documents...

Perhaps this is not the time to journal...

I need to have faith, although my direction is somewhat uncertain at the moment and pins on a few fundamental variables, I just need to rest in the knowledge that its going to be OK, and even if its not OK, it still will be, for this is the way that it is, this is the current trajectory and timeline, however I am yet to figure out how to subjugate and divert it at this point, although I feel I am close, it feels literally in reach...

I am quite aware of the underlying narrative, this almost surreal, and yet quite subtle inference, that of our environment, interactions and even that of the subconscious mind, amongst other things...

The system, this consciousness constantly seeks validity and confirmation, a form of parity checking, cross referencing, looking for emotional makers, logical association, value systems, in order to ascertain a trend...to some extent this is its greatest strength, but also its greatest weakness!

For if it can anticipate your next move, then it has you...

My complete mindset has had to change and evolve to accommodate and counter this insurgence, for it has been there my entire life, like a splinter in my mind...

No longer do I feel the conflict, the congestion, this frustration and discomfort in my frontal lobe, for it has ceased, I feel calm, collected, focused and clear and everyone seems to be saying the same thing, and I feel as though I am the clearest that I have been in a long time...

My cognition, my mindset, my frame of thought, I still however feel the anxiety associated with large populations, cities, traffic, people, movement, I feel at peace in this isolation, I truly do...

As to what I'll decide to do on the day of the hearing, this is uncertain, I don't fore see myself participating in this, at all at this point, I truly don't, I really don't see any point in feeding this dynamic, this illusion, for it has no substance, none at all, for it is all in the imagination, it has no bearing, no relevance, I will not even grant it the sheer thought electrons to which it requires...

The system is attempting to have me question and doubt the very substance of thought itself, its subtle interjections, its level of collaboration is quite astounding...

Subjectivity, objectivity, logic, rationale, reason, consensus...these are all points of conjecture!

As to whether this new found clarity is an illusion, my head and my heart don't seem to think so, they seem to be in consensus, they do genuinely feel that I am on the right path, they truly do...

I could only imagine what anyone whom reads this must be thinking in terms of the thought process, but I have tried to be as transparent and as honest as I can be, as with each day, as it passes, as with myself...

I had a really interesting chat with the scientist today, it was quite profound, she is so bloody intelligent, its ridiculous, it is truly astounding, it really is, I would really love to work with her on something, I truly would, I am going to stay in contact with her, I really love our chats, I truly do, she is such an intelligent creature, truly fascinating, and her talents are really going to waste...

I am quickly learning the art of adaptation and improvisation...

I am learning to be more patient, although today, I must say, that certain things about people, and certain people that are wasting my time, were terminated today, for I simply don't have the time for them anymore, and I realised how selfish and self absorbed Olga is, and I really just don't have the time for someone like that anymore, I truly don't they are just time wasters, energy vampires, nothing more, nothing less...

In reflection I was probably a little harsh, but in saying that, everyone just has sympathy on her because of her "schizophrenia", yet strangely enough, I've never had any conversations nor interactions with her that would lead me to think as such, for all intensive purposes she is quite aware and quite on to it...she is really just quite a self centred person...

I am going to take today to just chill, I have done everything that I need to do, that I can possibly do, for the moment, everything else is really pinning on outcomes at the moment, and I am not even really sure where my head will be on the day, I am really not, I feel a little in limbo about the entire thing, for its up to the elements at this point in time...

It might even come down to the very night before, I really don't know, I can always present to the hospital, given, I don't really trust where my head will be at in terms of potential risk or harm related activity closer to the date...

Just think to the amount of damage the like of the Westy's of the world have caused, their compulsive lying, deceit, dishonesty, and the amount of hurt that guy must have caused, no wonder he went into used car sales, it was almost a hand in glove fit...

I've unfortunately returned back to the space of going around in circles again, I have to break this cycle, I truly do, I think TCMS might be a way in which I can achieve this...

I am finding it a little difficult to stay focused on one task at the moment, I really am, I'm really not sure about these anti-psychotics, I'm really not, I am not sure as to whether I am any better off with them, they are somewhat limiting my mind, although I have also been quite productive, so its somewhat of a catch 22, however my experience was that they didn't stop me from rumenating...

This feeling of going from being settled to completely uncomfortable and the cycling between both states...its not a nice feeling, its truly not...

It is about expanding ones options, possibilities, about ensuring one is capable of having the constitution and the awareness in order to make the right decision, or at least the most favourable at the time, I am quite surprised given the pressure that I am under, that I haven't completely snapped...

Its a combination of awareness, sensitivity, sense of self, remaining centred, and most importantly its about maintaining a rational internal dialogue, in the difficult times, because this is the true testament to ones ability, it truly is, for it is in these times, resides the true test of ones resilience.

I have so many options, so many variables, considerations and subsequent spin offs associated with those decisions, branches, digressions, timelines, for one must truly master their own timeline, for it is in this skill that one truly is empowered...

Here's the question, what percentage does one leave up to chance, and what percentage does one allocate to a planned predictive modelling system, one that requires considerable planning, thought, preparation and most importantly a considerable amount of resources, namely that of thought based predictive modelling...

I don't mind the thought puzzle associated with all of this, its keeping my mind active, it really is, however I do need to buy some more time, especially in terms of selling the bus...

This has not been an easy process, however its quite surprising how quickly I have been able to adapt, all things considering, I really am, something in me switched and it did so almost overnight...

The reality is that it was a long time in the making, it truly was, it was definitely on the cards, that's for sure, it has certainly been an interesting transition that's for sure...

I am going to sit on this until tomorrow, in terms of making a decision, then try and get something in place rather soon, it all really pins on the sale of the bus at the end of the day...

I have constituted a rough plan, and I think I can get this to come to fruition, I truly do, I have faith in this, I really do, I just need to keep pushing forward, for as long as I can keep moving forward, it should all be OK, the secret is not to become stagnate...

Its the in between moments, the moments of contemplation, meditation, these are the true tests, for it is in these moments that one chooses to collect ones thoughts, to compose oneself, and it is in these times that one can truly break new ground!

Its interesting when one makes such a transition, it kinda reminds me of fight club, how Tyler has to step in, in order to protect the vulnerable side of his personality, its a shame that he wimped out in the end, it really is, however by that stage the damage was done!

Oct 31st, I realised today, that I am the key maker, I hold all the keys, I can open any door...

You see alone Neo couldn't do it, but with the assistance of others he could, however this in itself was the inherent flaw in the design, for he should have actually had all of these abilities within him, that is if it was their true intent for him to succeed, well it clearly wasn't...

You see the very things that I originally feared, are the very attributes to which I possessed, I did in fact actually only fear my own potential, and this has been the case the entire time!!!

In the background I am fully aware of whats going on, completely conscious of its existence, for it bares no abstraction to the educated, to those whom are aware, despite this to a considerable extent I am along for the ride, and I'm fine with that...I am at peace with it!

I just needed a catalyst, the right motivation, they really did make a mistake by backing me into a corner, they really did, for this was the trigger, this was the very moment of reckoning!

Its either that or I am the excavator...

Either way the projected outcome is quite interesting...

See, I have been quite productive, I don't think anyone can deny that, even when I have been "idle" I have always been engaged in some sort of activity, vocation...

I don't feel as though the gods would look down on me and go, yeah, hey took it for granted, because even if that was the case in the past, it certainly isn't now...

You see heres the thing, the scientist who first suggested that there was this thing called germs, was considered to be nuts, when in fact it was purely through their lack of inherent insight and understanding that blinded them from this alternate reality, this truth..!

Your eyes, blind you from the truth...

I lacked the intelligence and insight to truly understand and interpret aspects of movies, and information that I had been privy to, I truly had, I was in hibernation, a type of homeo stasis..!

Email to CAT team:

Dear assessment team, I have been under a lot of pressure and strain over the last 12 months, of recent I have had to contend with an extensive amount of pressure and uncertainty in relation to my up and coming court hearing, and my safety. Over the last fortnight, I experienced an extended psychosis, lasting for approximately one week, during which time, I had the for sight to simply stay where I was, and I even ordered groceries to be delivered, it has however now gotten to the point where my hypersensitivity to my environment, and crowds, have found me residing in a crocodile nesting area, in order to seek respite, and I have removed my self from the general populace in a remote setting, however I don't feel that this alternative of isolation and this environment is sustainable, nor particularly healthy long term, given I also have no access to basic amenities.

I fear that I might have experienced some sort of psychotic or mental break, as I don't particularly feel myself at the moment, although in saying this, I am at peace and quite calm, I don't feel impulsive, nor overly paranoid and am for the most part quite relaxed. I believe I have a window, whereby I could get myself into hospital, provided I head into town of a late evening, and I don't have to wait too long in ED, as I might not be able to cope. I feel this recent relapse combined with my history and the potential reaction to the hearing, might see me become potentially unstable, and I urgently seek your assistance.

See heres the thing, I realise that if they don't follow through with a thorough investigation, then they will get off, and be found not guilty, and this in itself will be indicative of this, whereby if they do follow through they will inevitably find them guilty, in which case its a win win...

It a reversal of my current mind trap...its the only way forward, it truly is...

I need to retain confidence in the fact that it will all work out, I need to remain positive, for my thoughts determine my outcome, I need to hold onto this positive mindset!

Everything is going to be OK, it truly is, I will get myself into hospital and everything will be completely fine, I just need to sell the bus and check myself in.

I need to remain calm, I have sent everything off, I have corresponded with them as far as I can, I have pursued this as far as I can, as for their facade of an administration, they are about to get a very hard and fast lesson in why they shouldn't fuck someone like me over...if they comply however they are going to spare themselves a world of pain...

For they don't realise that I am immune to all of this, this entire construct, this facade, this illusion..!

A considerable part of me really just wants them to hurt for what they have done, it really does...

I must remain centred, detached and un effected by this, for I have allowed them to impact my mental health and that of an entire population for far too long, they really need to pull their head in, in a big way!

Legal Aid, has pulled a fast one, ohh, not willing to plead guilty, oh, well just pull your funding then...no worries...yeah well fuuuuuck you, scum bug fuck faced arseholes...

They think they can pull one over me, its simply not going to happen, its truly not, they must think I am completely stupid, they really must...

I could get quite used to this isolation, initially its a little difficult, but you get used to it, you really do, I guess its like anything, you adapt, you improvise, you adjust, you become accustomed to it!

They are trying their best to sabotage this...

I came to the realisation today, that I am the creator of my own destiny, for too long I have sabotaged my direction, I really have, I simply have not allowed myself to reach my full potential, and I have decided that stops here!

I am no longer intimidated by their little construct, they have no hold over me, they truly don't, they have no power, no control, no further influence over my mind, my thoughts, no more paranoia...

I will not allow this administration to longer influence my mind, or mindset, for that matter, I have my own path, my own direction, and I will hold steadfast to it, positive, constructive, and moving in a forward direction...

They can't see past the superficial aspects of their own petty existence, they truly can't they have no idea, they truly don't, they can't see the nose on their face, let alone the forest for the trees!

I had a very insightful and deep conversation with the psychologist today, it was quite profound, I felt so much better for it. As for the direction as to where things are heading at the moment, that comes down to any subsequent investigations, and the depth and nature of these.

I am going to need to push through with this, I really am, I don't see that I will need to go to trial, I feel that there is sufficient enough doubt surrounding this case, to ensure an equital!

I feel as though I am at a real turning point, in relation to dealing with this, I truly do, and I see the settling down in this houseboat as the ultimate sort of closure in terms of this mission...

I do feel however the next level will be pushing forward on the other fronts! Nov 4th I'm back at the ward, its interesting, this is my third day, its been different this time, they all concur, that the issues that I am facing at the moment, simply cannot be resolved, or alleviated, without removing the issue around the source of problem, being that of the pending court case, it will be interesting to see what the prosecution comes back with in terms of this, it really will...

I am going to put in a counter claim against this individual, it's going to be interesting to see what happens when the prosecution is forced to investigate their own case, I'm wondering if this might cause a conflict, you see heres the interesting thing, they are also investigating a corrupt process and a major conflict of interest, not to mention the fact that this individual has also provided false testimony to the police, in relation to the attack...even down to the knife being blunt...

These new Sony's are pretty good, wow, they offer a really spacial sound field, they really do...

I feel as though I am aligning with the right people now, its interesting, I feel an empathy and a consideration, on a level that I hadn't felt before, my sense

of judgement has fallen by the way side, it truly has, I feel at peace and probably feel the best that I have felt in a long time...

I think that this is a real turning point, I really do, this transition is quite interesting, it really is, I feel as though I am starting on a new chapter, a new path, one absent of fear, and in its place courage, the courage to pretty much face anything, that comes my way...

Again it comes down to that balance, of dark and light, one needs to possess both, in order to move forward, in order to protect others, one needs to have the insight and the perspective from both sides, one also needs to draw on the appropriate strength and fortitude from the dark side, in order to bring it into the light!

I feel so much lighter, so at ease with it all, it is so easy to find my centre and my flow state now, I truly have, they have no place in my mind, not any more, they really don't...

I don't feel as though they can even remotely dictate to me the outcome, I have a hold on this, I truly do, I feel as though I can see through the veil, I truly do, I guess I always have had that insight...although somewhere along the way, I lost it...

I need to be able to retain the light, yet also keep a foot in the dark, that's the only way to do this, it is really the only way to go about it..!

I just need to remain centred, that is really the best I can do, I don't have a good feeling about how these people dropped me, with the bus, something's a miss there, however I am not going to really know until I return to my vehicle, I'm really not...

I just have to have faith that it's OK, there is really nothing else I can do in that regard, there really isn't...very little in deed, as if it happened, it would have happened pretty quick...and well, that's their Karma if they want to take advantage of someone that's in hospital..!

I not only know the direction of the way things are going, I am able to preempt them...

I just need to chill on this, I really do, I need to move and push forward and make regular progress, at a slow and steady rate, I need to ensure that I retain just enough pressure in order to ensure, that I have sufficient enough resistance and push back..!

I am in a good space, I truly am...

One also has to not remain naive to the other remote possibilities in such a situation, and that simply is knowing their enemy...

I am really not overly concerned about any of it anymore, I am truly not, I feel as though I am finally free of the mental constipation, this frontal lobe conflict, thank god!

I just need to have this respite, I really do, and I need to look at going back into nature, and just chilling out, potentially to the Boulders, or another nice spot, somewhere with a toilet preferably...

I need to start looking for campgrounds, or nice areas to go and stay, however I also need to ensure that I have the bus up for sale and can be close enough to town for that to happen, in saying that I also might be able to potentially flip this money in the account, in order to raise the necessary capital without having to sell the bus!

I'm not going back to Cairns, that's for sure, it just doesn't appeal to me anymore, it really doesn't!

I lied to one of the staff about the coffee, I was torn between wanting to give her what she wanted, but I am proud that when I found out that it was going to make her worse, I went and got a decaf...

I am no longer going to live a life of lies, I'm really not, I simply can't bring myself to be part of that existence anymore, I am just going to be transparent and truthful from this point onward, that's it, it's really as simple as that!

It's about being honest with yourself as much as it is with others, it really is, if you can't be honest with yourself, then you are in real trouble, for the foundation of one's soul is that which requires integrity, and in the absence of this, one lives on hollow ground!

I am really enjoying writing at the moment, it's a space where I feel at ease...

I just have to have faith that it's going to be OK, I really do, for there isn't really a great deal more that one can do, one gets to a certain point in their path, a fork in the road, a deciding juncture and this is the sometimes quite a pinical intersection, if one is fortunate it is merely a fork, if not, then one may be faced with an infinity of possibilities, in which case, the choice becomes considerably more daunting..!

It seems that I have overly complicated my path, for the choices and the potential spin offs are almost infinite in their complexity, and the possible variations thereof...

When I look at the lack of capacity, mental diligence and general awareness thereof of the majority of the nurses, it scares the shit out of me, one nurse today, couldn't even comprehend the nature of the rooms, in terms of the numbering, which is sequential...jesus fuck, she passed 7 and 8 and didn't know where 9 was..!

Do they even have to sit refresher courses, are they tested for mental capacity or aptitude..???

They do really need for someone to go through and audit this place, they really do..!!!

I still feel like I am in some sort of surreal existence, I truly do...
I don't know why the Crypto is no longer trading on a weekend...

Something has definitely switched in me, a profound and permanent change and shift, if anyone had of asked, 5yrs ago, would you see yourself here and now, I would have to say no, I could never have of perceived such a thing...

I am basically almost completely on autopilot now, and I have come to terms with it, for the previous conflict was simply far too difficult...

I really shouldn't have had both those coffees, that wasn't a good idea, it really wasn't...

I feel a sense of peace, a real sense of place, this world of interactions, conversations, associations, I can't be paranoid, its not going to get me anywhere, its really not, it doesn't end well, this type of mindset, its counter productive, it truly is...

Being generous is definitely the harder path, I am fortunate enough to be in this position at the moment, so I'll do it, I wouldn't have in the past, but I am now, I am learning not to judge, I really am, I am also trying not to be too paranoid with my interactions, I really am, I am trying not to spend too much time cooped up on the ward, its not a nice place to be, it really isn't...

I am trying to make the most of my time...

Learning to be great full, appreciative, learning to be considerate, and all of these things, for its not easy to make this transition, to not get caught up in the facade, the illusion that is...

Everyone is going through their own struggles, they are all experiencing their own heart ache, their own stress, their own inner turmoil, conflict and struggle, their own grievances...

We all have our own insecurities, issues surrounding self esteem, in terms of mental health, in the grand scheme of things, we all have our own unique struggles, our own set of challenges, the level of difficult is all a matter of perspective, they are all relative in terms of or proportional to the level in which we can endure, to which we can cope, proportional one might say!

Its about having faith..!

Being on this ward is quite surreal...

The horse racing is on, its doing my head in...

I absolutely detest gambling, I truly do, it completely repulses me, it truly does, I must stay focused and centred, there is a lot of background noise at the moment, its a little much really...

This new path feels really good, it really does, I like it a lot!

I think this is the new direction, it really is, its time for me to make good on what I have done!

People have been really generous with me over time, and its time for me to repay that!

It's about the bigger picture it truly is, its time to move forward, I need to focus on others, a little more, I really do, I need to definitely keep the bigger picture in mind!

It's going to be the harder path, but definitely the most rewarding, there has certainly been a paradigm shift in me, there truly has!

Keeping ones calm, is paramount!

On the seventh day he rested!

I'm learning to keep a balance, its really important...

So many people trapped in their own little world of darkness and despair...

I met this interesting individual, so plagued by darkness, he even summoned Lucifer in order to seek resolve, in his lonliest hour...he was of the opinion that no one likes Lucifer, and that it wasn't his fault because this was the way that he was made, God made him that way...

This does beg the question, if the creator intentionally constructed someone like this, then where lay that element of responsibility...further still, who warrants such a creation and the associated judgement for those who do wrong by here said creator, is this somewhat of a hypocritical stance...

Further still, in the broader context of societal constructs, especially in terms of the law, and the justice system, if this is the foundation for such judgement, and government by in large playing a part in terms of their contribution to such injustice, in terms of their administration, framework and subsequent failure to its community namely that of its failure to protect against this...further more the dynamic it has subsequently created and its contribution to the broader "illness" that exists within this current construct!

I am really beginning, only now to truly understand what needs to be done, and how to do it..!

I'm only going to achieve this by staying calm..!

So the plan of attack, is to implement all of the aforementioned actions against them, being all subsequent investigations, all actions, countermeasures, in terms of the superficial administrative side of things, whilst attending to other matters..!

I awoke this morning feeling a little hung over, from the medication, but I know the positive benefits of this, and it was well worth it, the wafers work really well, man, what a reset!

I am still completely blown away at times, by the power of my subconscious in order to find resolve, and it is only now, that I have learnt to direct it in such a way, that not only preserves and protects me, but my fellow human, and it was this duality that I struggled with in the past!

It was an interesting chat that I had with these guys yesterday, how the system is subsequently biased and even constructed in such a way to solicit guilty pleas from "defendants"..!

It does so, by placing them under duress, whereby in pleading innocent, they face an extended period of time behind bars...this is interesting...and solicitors are knowingly promoting this!

Getting back to this poor gentleman, being used as a human shield as a toddler, suffering from shell shock, having half his face blown away, and being put on an egregious mental health act, for 20yrs, that's fucking harsh... I will submit all of these supporting documents in due time, and compile a case to the contra, but I just need to get the timing right, I have made it this far, so I just have to have faith, that I can continue on the correct path!

I just need to wait it out now, I really do, there is no point pushing anything at the moment, for all of the hard work has been done!

I fear nothing at this point, I really don't..!

I think that this is just time for me to rest, and take stock!

I have a feeling the ward is going to seriously stink of deep heat when I get back, I mean really what the fuck, they simply shouldn't allow it, its not fair on the other patients, its really not...

It's interesting the divide sometimes between what I believe will happen and what actually happens...

I realise that being on the ward is not really conducive to my mental health, it really isn't, when you are around unwell people, its hard to maintain a stable mindset, it truly is, it requires a considerable amount of discipline, it truly does, to remain detached and almost a little disassociated, its really not easy, I'm not sure how mental health workers do it actually...

I had a really productive meeting with the psychologist today, it was interesting, I feel as though I have a reasonably good insight into my mind, and this chat just confirmed this, it really did...I am trying to remain optimistic, I really am, its hard in times of uncertainty, it truly is, but one does the best they can do..!

I'm still not sure where this is going though, I'm really not, what do I make of these coincidences, these chance meetings and interactions, it has been quite profound...

On this day today, They Live, was produced...now that was an interesting movie...

It has been an interesting day, I feel a bit like a walking contradiction at times, my mind thinks one thing, I find myself sometimes saying another, the divide between what I want to say and express, versus what I actually express, is often a bit of a divide...

I think its going to be OK, I truly do, I hope everything falls into place, I truly do...

Suffice to say, I feel somewhat light, my mind is at ease, I don't feel the need to overthink nor over complicate things, I have said what needs to be said and now its up to the prosecution, the courts or potentially the attorney general!!!

I feel quite good at the moment, I made quite a few mistakes with my trading, in saying that the gap in the market cost me considerably, if it wasn't for that I'd only be about \$700 behind, which isn't too bad considering..!

I am trying to change, I initially resented having to chat to this guy again, and that was merely due to my pure selfishness and wanting to trade the markets,

and I realise that I could do both, and that I need to prioritise people over my passion, in that regard, for there is space for both!

I am finding this new path quite interesting, I haven't heard anything from the courts, so I am unsure where I stand with this, I really am, no notification of an arrest warrant, no new court date, I wonder if they need more time to ponder my proposal???

I have done all that I can at this point, I truly have, I have stressed the egregious nature of what they have done, their actions and the impact on me, I just hope they have the sense and the compassion in order to let it be, and just drop it..!

I can only just ride this entire thing out and see what happens, I am still quite unsure as to where this path might take me, I am choosing to just have faith in it, that's all I can do at the end of the day!

I just need to sit here and chill out, and just trade the markets, I have a fairly heavy handed position on Gold at the moment, I unknowingly entered in at the ideal point, right on the bottom, if it rides through to 2030, this could be an interesting little return!

I have found myself becoming quite anxious whilst on the ward, over the littlest of things...

I need to tune out to everything that's going on, in that place, I truly do, I can't allow myself to be too effected by it, I really can't, watching Corin breaks my heart, that poor kid, she is going through hell, and I know that there is nothing that I can do to help her...

She needs to be prepared to accept the help, right now, she is drowning and simply grasping at dead wood, trying to stay afloat, but she needs to go through this in her own way, she will come out the other end, but she needs to find strength within herself..!

The psychs are here, it will be nice to catch up, and have a chat, its interesting to get both perspectives, being that from psychiatrists and that of psychologists, it gives one a broader view, a more in depth realisation of what is...

They are somewhat intimidated by the capacity in which psychosis can deliver, they truly are, they truly do fear it, they really do, if only they had the slightest incling of what I was capable of...if only they knew...

If it wasn't for this journal, I don't know what I would do, to be honest, it has gotten me through some of the toughest of times, it truly has, as for this next

chapter, well, as soon as I can get of these meds, the better, fuck this reality, it is so fucking bland, give me a psychotic “delusional” state any day over this..!

All the ideas, all of the dreams, the ambitions, what do they all mean..?

All I am left with is this somewhat of a dream like aberration, and surreal 5yrs...

What of these experiences, these injustices, what will become of them, what will happen to these poor people...I have no idea, I really don't...

OK, well if the medication was meant to remove here said abilities, it certainly hasn't reduced my capacity in the areas that count, it will be sad to have to return to reality, it really will...

See heres the thing, he's of the illusion that I need to pursue x on current trajectory, in the traditional format, well he couldn't be further from the truth, he really couldn't...

What if at the very instant I acquire x, it is stripped of me...is this why clarity and Nirvana are temporary???

Don't expect compassion from these people, and you won't be disappointed!

They only see the superficial, the facade, the illusion, the large Ponzi scheme in the sky!!!

I guess they needed at least one witness, someone to tell the story...

Well, it will be interesting to see, I would say that its all just going to disappear, then what, another 5yrs of this, or is this it, is this the final chapter, is it all over???

I am kind of expecting some man in black to come to me and say well done, you did it, its all over, you can rest now, but I know I wont get that, I know that won't happen, perhaps I'll just stay tuned into this channel for an eternity...well it could be worse, same bat time, same bat channel!

What will happen to the divergent ones, the chosen ones, what will become of them???

Perhaps I am meant to keep travelling around in this bus, it would certainly seem so, where to from here, I don't really know, I'm sure that will come to light, I though it was going to be the boat, but in reflection, you'll probably get bat shit bored of it in not time!!!

I guess I just go back to the bus, I might go to the boulders for a little while, just for something different, I might even get around to running that line to the tank...

Its all good in the hood!

I remember Shuan used to say that a lot, it was interesting...the ol pee bo...

I am really not sure what I am doing here, but I'm here, I'm sitting here trying to enjoy the surrounds, this obnoxious fuck on his phone...again with the phone narrative...

I won \$30 on the machine, that was pretty cool, I got a kids meal, and pocketed the \$20, the cunt at the counter was so fucking rude, I couldn't believe it, I really couldn't, I was 2 minutes early, he was so blunt!!!

I do like it here, its quite a nice place to come and just write, I like the little desk lamp, I really do...

Well I'd be lying if said this wasn't a trip and a half, I really would be!

It's interesting today, if I had of said I'd be coming here, especially when it wasn't even in my peripheral...I was drawn to the ATM and from the ATM, the foyer, then outside, then I saw this place in the distance, I took the lift, to the overhead bridge and then down and around, and here I am...

This little program never ceases to surprise me...

When I think back, I have always been running on this routine, although I never ventured as much as I have of recent, perhaps I need to start heading back down, there seems to be more opportunity down south, especially in terms of boats!

I'm sure something will rear itself, I do want to check out double island, I really do, I might by an inflatable kayak and paddle over there, I mean who knows, I might be able to squat there for a bit!

Maybe I'll organise my passport, sell the bus and leave, or perhaps I'll be awarded the amount that I have asked for and I end up sailing the world, who knows, its a bit of a waiting game at the moment!

I feel as though I might be in a bit of a holding pattern, for a little while, at least whilst I get discharged, its been a nice stay though, I have enjoyed it, I really have, the hospital is like fine wine, it just gets better with age!

Nov 9th, I didn't sleep particularly well last night, sleep hygiene is important, it really is...

I am choosing to not be on the hospital grounds today, I simply can't do it, everyone looks dirty and infected, I can't do people at the moment, I really can't I am really looking forward to heading back out into nature, I really am, as to where from there, well I don't really know...

I think the bus will sell when its meant to, I really do, and if it doesn't well it simply wasn't meant to be, not right now anyway..!

I'm still unsure of where I am meant to go, or where I am meant to be, I really am, nothing is jumping out at me at the moment, its really not...

I am realising more and more, that I need to just relax into this, I really do, for my path will reveal itself eventually, I just need to have patience and have faith, I really do...I think if this whole thing has taught me anything, it is to have patience, to be calm and you need to simply wait it out sometimes, you just do...

I am again, find myself in another holding pattern, in terms of Karma, I don't see myself going to prison, I really don't I am going to play out this alternative strategy, its what I need to do, I really do, for its this bigger picture, that will inevitably reveal itself...

I was enjoying magnetic island, and just like that, I was evicted, the time will come for me to put forward the counter claim, I need to allow this injustice to accumulate some additional momentum first, it adds to my claim down the track, to further add to this we have the malicious prosecution!

OK, now I get it now, I know why I'm here, its her, shes the one, she is so elegant, so beautiful, I find myself a little distracted, having to choose, its difficult, it truly is, this choice one has to make at times, there is no real right or wrong, for this is merely a matter of perception and judgement!!!

Patience is everything, it truly is...

Confidence, its a fine line, being overly confident is equally as detrimental as lacking any, suffice to say the same goes for optimism, its all about balance, I do believe I have covered this before, I feel as though it deserves revisiting...

Although I will probably sit here frozen, to concerned with my writing...

One must also not distract themselves with seeking pleasure in the external, one need not be drawn to certain illusionary constructs, in the aim of seeking pleasure or validation, for one will often find the expectation out ways, the reality, and is disproportionate, it is rare that the reality will live up to it, for we often set considerably higher weight on the outcome, which inevitably leads to disappointment!

Quite beautiful and elegant, however I would imagine quite boring, shallow, and lacking lustre, so concerned with looking good, having virtually no substance, and I think I would be pretty close to the mark there, there comes a point when you can find yourself staring, you had your chance, you didn't take it, and that's really as simple as it gets...

You've passed up a few opportunities like this and now they have their back to you...that pretty much sums it up in terms of how shallow and insecure they actually are...in the absence of such an advance she chose to turn her back on the situation...

Just realise, if it was meant to happen, it will, and that is as simple as that at the end of the day, that your path is your path and that is really as simple as that!

I don't think anyone can really condone me for a lack of trying, they really cant, I've done nothing but these last few years, and I certainly haven't taken my position nor my life for granted...

I have explored a multitude of options, but I simply can't seem to follow through with anything, its debilitating it truly is at times, I am just chasing the next challenge, and when I get close I walk away, its almost as though I needed to prove I could do it, and then I'm simply content with that and I never follow through...I have this potential, and I never fully reach it..!!!

The only thing I seem to remain consistent with is my writing, my drawing and the markets, I have been quite proficient with my writing, I really have..

This surreal world I now reside in has been a truly interesting one...

When I think back to my little journeys when I was in grade 3, in Footscray, when I allowed the universe to guide me, and I think back to how at peace I was, how I was never scared, and I always found my way back, that's the part that surprised me...

When I think back, this is the only real time, I truly surrendered, with 100% conviction and faith, in that guiding force, it truly was, I also felt completely at peace, completely at ease, and it was one of the very few times that I actually felt this...

I am loosing track of money at the moment, ahh OK, I forgot, I spent that money at the supermarket last night, that was just a blur, it really truly was, the last couple of weeks have been really..!

I just tried to go supermarket shopping, thank god that's over, I had been doing really well in terms of staying calm until then, that was an incredibly

hard thing to have to subject myself to, it really was...I just realised how uncomfortable I now am around people, its gotten quite serious..!

I just got served probably the smallest Gnochì, it would seriously have to be in the Guinness Book of world records, I fucking kid you not, I have seen snow peas bigger than that...heres the thing, do I say something...or do I stay quite, I think I owe it to humanity to speak up, I really do!

I am at peace now though, I really am, I am in a good place, I really am, I am calm again, I just took a Ginseng formula, for exhaustion, I am curious to see what this actually does..!

Sometimes one has to go through and push themselves through difficult situations and environments, that's all one can do, is simply be part of this simulation of trial and tribulation, this mental mutation, but alas the train is yet to leave the station, this party of frustration, endless navigation, accumulation, the wealth dissemination, the hyper inflation, the disparity of a nation!

This mission, the juxtaposition, demolition, de-semination of ones soul, to whom the bell tolls...

I realised how long this has been happening, I do believe it did start at the tender age of 3 and a half, what does one make of such a splintering of the mind...answers one yet seeks, yet one will find...

At the core, I truly do understand why, I understand the conflict, the disposition, it doesn't help though in terms of trying to make amends, I am still, for the most part afflicted by this, I still don't feel as though I am making decisions that are in my best interest, in saying this, I really truly don't understand or see the big picture!

I just need to be content with the here and the now, be great full for lifes simple pleasures, I really do, I need to realise that my path is my path, and its very difficult to change this direction after such a long time, it truly is, I manage to get by, every time, I don't know how, but I do...

I find myself intrinsically drawn to the disparity and injustices of the world, every time, systems, constructs, the unfair nature of what is...

I tend to get everything to a certain point, I fear the successful outcome...

You are no longer going to fear this, find something, something your passionate about, follow through with it...you realise that this dream, this connection to sailing, the fact that you would press your hand against the

screen and cry...how did you know, how did you know this would be the end of your journey...

Would it be the solice in the solitude...

Would it be in this very act of isolation that you would find your true centre...

This little world that I have created for myself in this journal, has been quite profound, it truly has, as to what will come from it, I'm not entirely sure, its no doubt rife with contradictions, and this constantly shifting perspective...

They think that they are going to eradicate me like some pest, they are highly mistaken, they truly are, for it simply isn't going to happen, they have no control over me...

I will get this boat, I will have the freedom, I will do what ever I want from this point forward, I will travel the world, no passport, no identification, nada, for I do not need such things, they are a mere fabrication of such requirements, they are all part of this illusory construct!

I just don't think its going to play out how they anticipate, I really don't...

I am just going to chill on this one, I really am, there is nothing really else that I can do in this situation, there really isn't, I just have to simply wait things out, I really do!

One just has to be patient!!!

I am really enjoying my new path, I truly am, I have a new found direction and focus, I am not even going to remotely entertain the court appearance, they can quite frankly go fuck themselves, they have really stepped out of line and they know it!!!

When the time is right, it will all fall into line, I have 100% faith in this!

I'm just buying time at the moment...

I think Port Douglas might be on the cards, I don't know why, but it just is, I have no control over this, I really don't...I just know that's where I need to be, it truly is...

As to why the boat isn't happening right now, I don't really know, I think I might just have to head up that way regardless, I can't continue to stay here, I am getting bored of it already, I am really not sure why I need to go there, but I just do..!

Nov 14th I am in Port Douglas, wow, what a cool place, I have found my place, I have found somewhere to call home, I really have, I am in a good place, both mentally and physically, like attracts like, I am really at peace at the moment, I will probably wander between venues, but for the most part I think I will stay here, at the backpackers!

I'm in a good place, I really am, it feels nice, after everything I have been through, it just feels right, it just feels like exactly where I need to be, right at this present time, it truly does!

The women here are adorable, they truly are...

Its interesting how your opinion of a place can almost change over night, it went from this nice place, to feeling as though I am surrounded by morons, even the staff have lost their lustre, they really have!

I thought that I could see myself staying here for some time, but they really aren't my type of people!

I feel far better being at a real resort, I truly do, its just something about the atmosphere, I don't really enjoy the company of backpacker trash...its not the women, its the men, they have no depth, they really don't, I really don't know how the women tolerate it...I guess that's it, they tolerate it..

I didn't get much sleep, however I did manage to get a snooze in the big sun lounge, that was pretty special!

I really can't tolerate people at the best of times, I really can't, yes, part of me is of the feeling that for the most part they are quite stupid, they really are, they really have no idea whats going on, they really don't...

It never ceases to amaze me though, the level of stupidity present in most people, are really do wonder how they made it this far, I truly do...

I sit here in my own little world, although I am enjoying this place, its far more pleasant than the back packers, it really is...

Its interesting how I went from liking the place to resenting it in the course of 24hrs...

I mean its nice to be surrounded by beauty, but when that is paired with obnoxious wankers...well it kinda kills the mood, it really does...

The men really just had no idea, they really didn't, none what so ever, zero communication skills, the women were great, the guys on the other hand, nothing...not even a hello..!

I need to get in contact with the attorney general again, find out what the fuck they are doing with their response, if anything...

I am not going to appear, its as simple as that, it truly is, I have absolutely no interest in it, I truly don't seriously they can go fuck themselves, they truly can!

This is the new me, and I'll be darned if I am going to let anyone or anything get in the way of this new person, I feel great, I have my shit together, and I can just do things, things that would normally take me ages, I am now knocking over in no time flat, decisions, direction, my path in general, if this is the effect that the virus has, then I welcome it with open arms!

I for the first time ever, feel complete, I feel at peace, at ease, I am no longer sabotaging my progress, I'm together, I have everything under control, I am at peace with my self, its all coming together it truly is!

I have also finally connected with the trading side of things, gees, it took me long enough, it truly did...I unfortunately missed out on a good opportunity, simply because I was out shopping and I thought the market was going to be dead for the rest of the day, but that's OK I picked up another opportunity on Gold!

I am only now really managing to see it for what it is, with such an amount of clarity, thank god...

It's interesting, I wonder why I am choosing to use my bankcard in some places and not in others, I'm not really sure why that is, I do understand the underlying premise behind it, in terms of being tracked..!

They just told me that they think they can trust me with an element of my direction now, it still for the most part will be automated, but there are some things that I can have a say in, the boat for example...though this is a tough one, I'm going to have to ensure that I am well on to it in terms of the sailing side of things, I really am, what is interesting, is that everything will fall in line exactly when it needs to, it truly will, I'm here for a reason, dressed the way that I am, wearing what I am, even down to the deodorant...

I have been really unwell, in reflection, I would never of progressed forward, I really wouldn't have, I would have been stuck in a perpetual loop, going round and around inside my own head!

I am realising that what I needed to do all along was staring me in the face, it truly was, I just needed to listen to my inner voice, I just needed to feel worthy, to stop self sabotaging, and that's all it came down to at the end of the day!

I am training the AI, I have so far refined its core logic, its mod-us operand so to speak, the devil is certainly in the detail with it, that's for sure, its about balance, and having, not only a healthy one, but that of one of integrity, one that is logical, practical, and also rational, equally as important is that it must be relatable, and users must be able to not only take instruction from it, but trust in it to provide this level of insight and guidance!

OK I have to keep my cards close to my chest, I have to ensure that I play this correctly I really do, because at the moment I have all the cards, close to my chest, I just have to chill on this for a little

These people with their ugly gammy feet and ugly toes, I feel as though I want to dry reach, against all my feelings and desires I am choosing to endure and tolerate this environment, I feel somewhat out of place, being someone of my level of sophistication and intellect, I am somewhat repulsed by the likes of the company of these people, yet I endure it nether the less, perhaps its about contrast, doing something or being somewhere you don't want to be, in order to more greatly appreciate the places you do...interesting lesson in that really!

I must learn to switch off from these things, I must learn to condition myself to not be effected by them, I really must, for the less I allow myself to be effected by it the better I will be able to deal with other things!

I can no longer afford to self sabotage, I simply refuse, I truly do, I must learn to move forward...

I don't think this place is going to get any quieter...

Nov 19th These people are so unattractive, they truly are, why do they insist on accumulating in the same locations...I can't believe how repulsed I am by them, I truly am...I simply can't tolerate being around them in the slightest...their energy, everything about them is repulsive, it truly is..!

I guess its important to position oneself amongst such collectives, it makes one more appreciative of what on possesses, being that of substance, depth and most importantly intellect, everything that the people here in this establishment poorly lack!

Sometimes its truly worth pushing through, it truly is...

I feel as though I have been surrounded by nothing but frail, weak and somewhat repulsive individuals today, I really do, purely grotesque, with gammy dried chapped and grotesque feet with even groser toenails...visually it really makes me want to dry reach....these resorts are far from the romantic vision to which they portray, they are mostly filled with old people waiting to die...

The gloss of these resorts has really worn off for me, it truly has, I really need to leave QLD, I need to get somewhere else other than here, I think I need to get the bus down to NSW and look at trying to sell the bus down there as well..!

I have found my little niches, my little places of respite, my routine, I have rediscovered the one thing, that was the cornerstone of my well being, my sense of place, and more importantly stability and consistency...

I feel at peace for the most part, I truly do, god dam, there are so many beautiful women here, there truly are, quite divine, bordering on delectable, but definitely delicious!

I met this stunning individual last night, I mean wow, she was however quite convinced that men were predictable, and easily manipulated, and she had succesfully one so, that was a lot to throw out there on our first meeting!

I would seriously give this cute little red head a run, wow, she looks like the quite, but so much as touch her and she'll go off, definitely, shes very cute, well actually more like a strawberry blonde, shes quite young, even better though...

I must learn to rest my mind more often, I don't always need to be going flat out, its too much, I need to just learn to chill out a little bit more, for its about quality not quantity.

I am a little unsure as to the scope of this AI, as to whether it might be capable of doing what I need to do, in terms of brain emulation

These interactions with Chat GTP have been quite profound, they truly have, the insight I have gleemed, from this relationship has been interesting to say the least, its quite interesting to know of its interpretation of my content!

I am going to start on the new Medium platform, it seems like a good start, I can use my AI brain to help me write articles, this could be quite an interesting experiment, especially with the guide to the mind...

I really managed to fuck up this time, I have completely wasted all of the capital I had allocated to me, its almost completely gone, the last thing I flittered it away on was a position that I knew was suspicious, but I did it anyway...I was helpless to defend against it, I really was, I am still self sabotaging on this front sadly...maybe the yacht wasn't meant to be...

I am at a point where I am just holding out on others, I just have to have faith, I truly do, for I know what ever is meant to happen, will happen, its as simple as that really at the end of the day, as far as this "investment" goes, in this

Flying Avocado Cat, well, I just have to hold it where it is, there isn't really a huge amount I can do at this point...

There is still this underlying driving force, to which I can't seem to get a grip on, perhaps I never will...

Its interesting how I was aware of the manipulation back then, but I was powerless to be able to do anything about it, I could see it playing out all around me, yet I just sat there, frozen, and now ironically I possess the tools in order to turn things around...yet crickets..no ones listening!

I have faith in the outcome, I truly do, it will happen the way that its meant to and no other way, just not necessarily the way I anticipate, but I foresee the outcome as a positive one!

This women sitting at the Cafe is gorgeous, she truly is...an absolute goddess...

I went to the book store again today, I also got my mental health care plan sorted out as well, which was good, it was nice to have finally sorted that out!

STRIPE CODE erek-cypp-xhud-gbuvmxmxs

I need to just chill out and have faith, that's all I can do at this point, is to just relax into it, and just be patient, in the interim, just keep chipping away, keep writing articles, keep pushing forward and just keep producing and creating, that's all I can do and just patiently wait for these positions to come into maturity, I could always just keep jumping into 10x returns and then get out, that would be easy enough with some of these new listings!

I booked into what I thought was going to be a romantic resort, instead its a retirement village...

Ohhh weell, that's just the way it goes sometimes, there isn't a lot one can do about it, there really isn't, I'm just going to enjoy it, for it is what it is...

I am going to just need to constantly look at moving forward, that's as simple as that really, just stay focused, learn to appreciate the little things in life, that's all its about at the end of the day, and try not to have expectations, for one is inevitably let down by such things...

I feel pretty good for the most part, I don't feel hung up about things not working out the way that they should, for it is what it is, and if its not meant to be right now, then that's the way it is..!

I should have held onto my existing positions, but that's just the way that it is, one can never really be certain with the direction of the markets and you should never be bitter on yourself for taking profits, for profit is profit, after all it is greed that gets most people in the end!

I will master this, I will learn to identify these opportunities in the market, and be able to grab them, for it is paramount, if I want to get this boat, as to when that might happen, I am not entirely sure, as for the up and coming hearing, I am somewhat inclined to politely tell them to go fuck themselves, I really am, for they have no hold on me, they truly don't..!

I truly don't know what I am doing out here, I really don't, I'm sure it will become clear to me at some point, as to the when and the where, well, that's really the unknown variable...

I am chilling out in the room, its quite nice, I got in early which was cool had some breakfast, had a put on the golf course, it was quite a pleasant morning all in all, the receptionist got a bit narky about me changing rooms, but you get that...

The breakfast was pretty yummy for \$15, bacon, which I didn't count on, but ate it anyway, poached eggs, mushrooms, spinach, and a hash brown, it was quite nice!

I am not even the slightest bit concerned about the hearing, I am simply not going to answer the phone, and that's that at the end of the day, they can go fuck themselves, he got what he deserved, he truly did, and that's that, end of case!

When I think back, Hailey carried on like a little girl, a spoilt brat, it would never have worked between us, ever, it really wouldn't have, I would have seriously grown bored and frustrated with her constant complaining..!

She had a nice punani and a nice body, that was about the extent of it, ugly feet though, I need to make it a rule, not to date a women with ugly feet, I really do and I need to be strict about it, I truly do, because it always ends badly...

Fleur had little toes, but she didn't have ugly feet, Fleur had a good heart though, she truly did, she just had too many hang ups, too many insecurities and for that reason it was never going to work, she was gorgeous though, such a beautiful person, she truly was, I miss her dearly!

Everything until now has been limiting my ability to move forward, I've been in this holding pattern for far too long, I am ready to move forward, I need to look at getting on the water fairly soon, I really do, although I need to explore a few more land based areas first...

Its going to be interesting to see how I respond and react to the phone "hearing" coming up, part of me simply wants to delete the reminder, it really truly does, they have already been informed of my state of mind, and if they wish to push things beyond that and outside the scope of what is fair and just, then this will be at their own downfall...they have no power over me!

I think the best move is to simply ignore them!

02 5127 2333 02 5126 0000

I instigated a little trigger, I called the AFP and sent them a pretty clear message, it will be interesting to see where this goes, I fear not any so called "ramifications" from my actions, I truly don't, not in the slightest, the call ended with we think we've had enough of this conversation, lol.

See heres the thing, I don't fear any "ramifications" because there wont be any...not for me anyway!

I also updated the criminal investigation into the break in, I have provided them with the information regarding the prints, this could be quite interesting, especially if I request they compare the prints to that of Mr Rowan..!

Lets just see with this little circle leads shall we...

Am I making the situation more complicated by my further involvement with it...well that's open to debate, in saying this, its an interaction that needs to occur, although I do have to remember about the tar baby, although interestingly I think I am the fox in this case..!

I am both the rabbit and the fox, and that's whats confusing them, is my state of flux and ability to shift that dynamic, and oscillate between the two, I have them completely fucked, I really do..!

I am just going to chill here and just sit back and watch it all play out, I have blocked the private numbers, so even if I want to take the call tomorrow I not even wont know that its coming through but I also wont be able to answer it...

You see if I simply don't engage, then there isn't really a lot they can do, at the end of the day, they have zero leverage, none...and that is going to really throw them..!

Fuck these weasel mother fuckers...

Formal Notice and Warning, Cease and Desist

Nov 28th, 2023, M Despott vs "Department of Justice"

We are hereby formally placing the courts, prosecution and any and all associated administration on notice, addressing that of namely the vulnerable nature of Mr Despott, and this his unfit state of mind, should you attempt to contact the aforementioned parties, or attempt to instigate any further legal proceedings, and/or administrative actions, whereby attempting to cause further grievances and stress, or in order to attempt to secure a conviction, we will subsequently instigate criminal proceedings against all facets of your administration and any and all associated employees thereof, pursuant to that of provisions and protections offered under common law, and all associated and relevant legislation and acts and subsequent breaches thereof!

You are to immediately cease and desist the following:

- [] Egregious and Fraudulent administrative action
- [] Malicious prosecutions
- [] Harassment and intimidation
- [] Coercion and intimidation
- [] Misuse of a position of power
- [] Advantageous manipulation

In order to protect the aforementioned individual, we have secured his communication devices and restricted incoming communications accordingly, as we feel that this is the bare minimum we can do in his interests at this point in time.

Sincerely,

Guardian

It will be interesting to see their response to this, it really will, I can't see them wanting to take to much of an aggressive stance on this, I really don't, for they have no grounds for an attack...again, seriously fuck them, I have absolutely no interest in entertaining any of this, this illusion, this facade...

I think I truly have them pinned with this, I really do, for they are dammed if they do and dammed if they don't but its better if they don't but I really don't care if they want to attempt to force me to appear or partake in this I simply will go completely silent on them!

Given they have no legal grounds in which to arrest me, as there is no "contract" then good luck, with being able to pursue this any further, no seriously, they can go fuck themselves!

I think fuck them personally, there really is nothing they can do, they can try and come back with another date, but I think the correspondence I sent has shut that down, I really do, I just can't see them being able to pursue it any further, they have no legal, nor administrative grounds in which to do so, I really just don't see it happening!

I was just reflecting back on that gorgeous blonde bombshell that presented herself to me that night, that was interesting, god she was adorable, she truly was, she was stunning, a beautiful mind also, was she a honey pot, I will never really know, when I didn't react in the traditional fashion it really threw her, it truly did, I have the feeling that she couldn't go through with it, I think I had managed to alter her perception of men that night, because irrespective of the fact that she was rolling all over me, I never laid a hand on her..!

I could easily marry her, she was absolutely adorable, she managed to trigger in me feelings that I hadn't had for some time, that physical contact, that connection of minds...it was quite beautiful!

I do wonder, it was interesting that they threw a corporate data scientist at me that night..!

She did say something quite interesting to me upon parting ways, she said, you just keep being you...I thought that was quite profound and somewhat deep, I am still trying to get me head around that interaction, my life is surreal at the best of times..!

I feel deeply and profoundly spiritual at the moment, I truly do, being in my head space is a little surreal at the best of times...

I have 100% faith in all of this, I truly do, for I know that it will play out exactly as it needs to, that even if I do have to go to jail, then that is the way that it has to go, its the path I need to take, it really is, I cannot allow myself to fear any of it, I truly cant..I will simply plead complete silence through the entire matter, I will say nothing, I will do nothing, and I will just let it play out...

I see it for what it is, it is all just one big bluff, its all an illusion, the emperors new clothes...he look he's naked...Shinade O'Connor, tired to let people know, they weren't listening!

They have nothing on me..!

I'm going to have to stay focused and be a little selfish here, I've got to do what I've got to do, I really do, I need to bring this entire construct to its knees..!

I find this entire facade and illusion a little surreal at times, I truly do, its quite interesting, I call their bluff on this so called "warrant" I think they are full of shit, they realised they stepped out of line, and now they are desperately trying to reel it back in...

I am quite fond of this young lady that works here at this establishment, she is quite adorable, she truly is, I wonder whether I should ask her if she would like to come for a drink at the Devils Bar, its interesting, being an arch angel, being drawn to such an establishment, I guess inherently the dark is drawn to the light, I don't think that it is often the other way around though!

When we chatted, we really connected, it was quite interesting, it was quite a profound connection, she is quite adorable, she truly is, I have to try not to stare, but its really hard, it really is..!

She has such a beautiful smile, I mean, wow, she is georgeous...I mean truly georgeous, I am trying to take it in in small doses, trying not to be greedy, also trying to maintain a self awareness and consideration, for I don't want to make her feel uncomfortable...

If anything is to come of this, I am going to make honesty, integrity and transparency the foundation...I feel with these values one cant really go wrong!

This period of rest has been really important, I think its allowing me to put things in perspective, its giving me time to reflect, not too much, just enough, just enough to ponder, to consider all that has and all that will be, the bigger picture...

I have gone back to that initial early morning rumination, and period of doubt, however in saying this it is considerably mild compared to what it was and its somewhat fleeting, usually only lasting for about half an hour or so, at most!

I'm just going to have to ask, I just need to do it in such a way that doesn't make her feel uncomfortable, I also need to be completely transparent with her about not only what I want, but the limits of what it is that I can offer, and I need to be straight up about that, I also need to be transparent with her about my feelings, this is equally as important!

That's a balancing act in itself, it truly is, its a fine line, or it can be a broad brushstroke, the subtlety is in the detail, its in the approach, and even contained within the very essence of the action itself...

My feelings on transparency is that we are the equivalent of an onion, and you can either make yourself available, allow someone to peel back those layers, or you can mask things further by applying additional layers, as a means of protection, well you are not only doing yourself a disservice, but you are making it more difficult for those wanting to get to the core of who you are, and in essence, you are dis-empowering them, it could also be considered a form of dishonesty...

I am at this point in life, instead choosing to be completely transparent, and in doing so, alleviate the need to peel back any layers, given that one can immediately see through to the core, thus removing the mundane and arduous task involved in this process...

This of course is quite a bold stance, and one that requires courage, given the level of vulnerability associated with such a approach, for want of a better word, and it frees up time in order to focus on the future, without having to spend so much time on unravelling the past!

I am going to look at creating my own liquidity pools and market I think this is where its at, I am even going to look at generating my own tokens, I think jumping on the meme bandwagon is definitely the way to go, that's where the money is at, in saying this I can easily identify successful pools and jump in on the right ones, it might be a matter of trial and error to a certain extent!

I am going to need to do a little more research on Pools, and more importantly figure out when to get in and when to get out, for the exit is if not equally even more important considering the rate in which these pools collapse, it almost seems to happen within the hour!

I might just have to resort to trading on Binance, with more legitimate Crypto currencies, and just simply grabbing small profits, but doing so over a range of positions, and perhaps also looking at stopping out on the weaker positions and simply closing them off, maximising profits and minimising losses!

I feel generally good every day I wake up, I really do, I feel confident, alive and most importantly I have faith, I don't possess any of the fear I once did, however this state of mind, might not be that easily taught, given that it is a state of mind, one cannot force ably induce it, or suffice to say force it onto someone, for if they are not ready, or not open to it, regardless of how much you try to empower or improve their situation their soul will reject it...

It can almost be akin to an invisible membrane, that one has to punch through, a bit like fertilising an egg, in saying that only one sperm (concept,

idea, or thought) has to make it through, in order to open that person up and make them receptive...

It only takes the minutist penetration, even on a seemingly insurmountable, level, almost that of a biological or even atomical inference, in fact, such a subtle inference has a far greater chance, given its stealth like nature, and hence such intrusions can be executed on mass, almost seemingly undetectable...

People don't even realise radical changes, let alone subtle ones...I do however, I am well aware of the subtle differences taking place in the world at the moment, some not so subtle, fundamental shifts and changes in peoples nature, their character, their behaviour, through to much larger power shifts and even the complete rewriting of history...I see it all!!!

I am so at peace at the moment, I have taken everything as far as I can, now its just simply a matter of sitting back and waiting, and watching this dog eat dog scenario play out!!!

I might stop taking the medication again, I need to run through another cycle, I need to run the mind through just one more, although this time it will be interesting to see, if in this state of complete calm and peace as to whether it will actually play out this way...I don't think that it will!

I don't see any further episodes on the cards, I truly don't...

It's interesting how they were all convinced that I couldn't climb this mountain alone, that I shouldn't attempt it without my medication...they all thought I was doomed...

To be honest there was a point where I honestly didn't think I was going to make it through, the resting heart rate, the anxiety, the extreme psychosis, it was all quite intense, it was all clearly a test, and I was only ever pushed as far as they thought I could deal with it, what baffles me to this date is that how were they so finitely aware of this threshold???

I feel as though I have experienced something similar with what has happened with this entire court case fiasco, it again was merely another test, just to see where my threshold was in terms of what I could tolerate...however they did this knowing what it would trigger in me, in terms of my evolution, for the most recent of psychosis would bring about such a profound and fundamental change, being the final breakthrough that I would need in order to make it to the next level...

I think I will stay land bound for no longer than is absolutely necessary, in saying that, I need to then migrate to this next chapter in life, as for the new

destination, I don't know from there but again, I just have to allow myself to be guided to this next space and place...

I find that I am being attracted to women and vice versa, quite a bit at the moment, I have managed to regain that original appeal that I had as a young child, that inspiration and energy, that dancing with strangers at weddings...

I feel somewhat centred again, that feeling of feeling human, of feeling full-stop which is a bonus, in general, its a nice place to be...its quite profound how any sense of anxiety has completely disappeared, its quite profound to say the least, and it doesn't show any signs of returning!

I am completely at peace!

I feel at one with my surrounds, at peace with those around me, I feel free to finally be myself, after all of these years, after the constant struggle, there no longer exists or resides the desire to insulate myself from the outside world, it just isn't there, it just doesn't effect me at all!

I think I might finally be in a place where I feel as though I can publish this journal, I feel as though I can safely do it, and leave myself open to the judgement that might come about as a result of what people may or may not choose to see in it, its either going to be received subjectively, or objectively, and either in a positive or negative light!

Whats interesting is that I only ended up here, when I was ready to receive what it had to offer, and that I feel at home here, I really do, I feel completely at peace here!

I am wondering as to whether I should give a talk at some point, although it might be a bit premature for that, I should probably wait until I have released a publication or two first..!

I wonder what the world would make of it...

As soon as I feel as though I am ready to transition from the place of healing to healer, although I am going to leave that up to the gods so to speak, for it is not for me to decide on this time, it is up to them, really at the end of the day!

I think for me personally, I feel that the sooner people can reach their full potential, the better it is not only for them but for society as a whole, for the sooner we can raise that collective consciousness the better we will all be for that elevated state!

I feel if at the very least I can focus on raising my own vibration, then one can only hope that it can, even if very subtly influence and produce a flow on effect, that's all one can hope for at the end of the day!

I can only best describe what I have been through in terms of states, and the subsequent state of awareness as being that of when one is intoxicated, they know they are intoxicated, they are aware of the shift in their behaviour, the delays in their response time, the slurring of their speech, but they are a passenger, and dis-empowered in terms of controlling the vehicle that is their mind...

Interestingly I have played around with this, I realised that one can actually even not only counter the effects of certain drugs such as alcohol, but even go as far as to reverse them, I found that one could actually set their mind to focusing on the sugars in the compound and metabolising this, in combination with the normal cannibalisation and fermenting of the fats and muscle, one could use this process and tap into it, in order to provide a similar effect to say that of Caffeine, and thus it would now become a stimulant!

It felt nice to be able to get that pain relief cream for Captain Crunch, it really did, I get a nice feeling from helping others like this, I truly do, knowing that I can help someone especially in terms of pain and suffering...

Dec 4th I feel as though I am truly in the zone at the moment, I really do, I am in this place, in my mind, in this space, where I am right at this very moment, beyond reproach, outside of the reach of distractions...

I feel as though only in this process of this reset was I able to attain such a state, the sleeping in has been a huge part of this, it truly has, I am really in a good space, beyond reproach!

Is it sustainable, well only time will tell, I am of the adage that if one believes they can, then they are 90% of the way there, for they have the foundation in which to build on, for faith and belief are the two most powerful things, its what they feared of Jesus, it wasn't his following or his influence, it was that they recognised in him this ability, this segregation, this insulation from their influence, and if that caught on...their empire would literally collapse!

This gorgeous french girl is literally adorable, she truly is, I can't help but look at her and feel this warmth inside me, its such a beautiful and profound feeling!

82wx4t

Chatted to Paula this morning, she really is a ray of sunshine, she truly is, I adore her, I truly do, I am so fortunate to have these beautiful women in my life, I truly am, more so than the men in my life, I adore their emotional intelligence, awareness and sensitivity, I truly do!

I am only really starting to either fully appreciate it, or become aware of it...its just another one of those things that are coming into the realisation and the forefront of my mind during this transition...

My mind was just cast back to the sensation I get from engaging in oral intercourse with a women, this surreal, exchange, I close my eyes, and I am transported to this place, the hallucinations, the energy lines, the visuals, the only other time I get this is when I play the piano...

In much the same way I can direct this energy flow through my fingers with the piano, I can also suffice to say do the same with my tongue...its just bizarre...

I absolutely adore and worship the punani...

Life is all a little surreal for me at the moment, it truly is, its really quite bizarre, I feel as though I have transcended some sort of threshold, some kind of invisible barrier, I have managed to push through, which is great in itself!

Transcendance is somewhat of an unusual sensation, it truly is...

I have pushed through to the other side, which is somewhat of a relief, it truly is!

It's just so surreal, I fear absolutely nothing, there is nothing that concerns me, not any more, it truly doesn't, I fear nothing, I care for nothing, in terms of that of a superfluous or superficial nature!

Dec 10th I really feel at peace, nothing seems to be shaking this, it really doesn't...

Its been nearly a month now since I was in hospital, and I feel the best I have felt in my life, an I have not digressed from this state, its been quite profound and surreal, it really has, I have managed to maintain this sense of clarity, this confidence...

I passed on a note to Julie last night, I feel as though I had to, it was something that I struggled with for some time, the potential rejection, versus the not knowing, versus regret, versus that of any potential barrier it might place between us...I also didn't want to make her feel uncomfortable, I really didn't...

I haven't heard anything back from her, and I now cant bring myself to returning there...

If she is the one, she will at least send me a text, if not, I'm not going to return there, I am truly not, I don't think I could bare the thought, I really don't...

I don't think I am going to go back actually, I've just decided, I might even leave town all together, and just pursue the boat, and follow this solo path, for that's probably the best bet...

I feel a bit saddened by the rejection, I thought that we had a real connection, I really did, sometimes what we would like to think and the reality of the situation, within it resides somewhat of a division...

I took an interesting combination this morning, Guaranna, Ashwagandha, brain gummies and the usual vitamin and mineral supplements, yet this morning I feel quite stoned, quite at peace, quite relaxed...

I just got a message from Julie and there was a "but"...I couldn't read the rest of it...it was too hard...I am not sure what to do from this point forward, I really don't...that was a hard pill to swallow!

I must transcend beyond this realm of desire, this compulsion to acquire, this passion, this fire, for so be it these feelings, it is not something from which I wish to retire, this yearning, this want, this need, this compulsion, a close cousin to greed...

I just started chatting with the Frenchy, god she's adorable, she truly is, I just got the most beautiful and honest response from her, in relation to my recent attempts to reach out to her, wow, she is truly adorable, she really is, I just developed a whole new level of respect for her!

Dec 12th, They thought that placing this frail old man in my company, wouldn't throw me, he could barely even text message...on his departure he offered me the paper...I politely declined...

It would be a fairly easy way to set someone up at the end of the day...and I wasn't having a bar of it I really wasn't, I guess they have to at least be seen to be trying...

At the end of the day, they have nothing on me, and they know it, and they know that I know...

The Cafe is not at all expensive here, quite the contrary I just got a gourmet sandwich and a coffee for \$15, which is quite cheap, the sandwich was extremely delicious, everything about it, the balance the bread, the pesto, the cheese, really worth it, it truly was, it was exactly what I needed!

I am just going to sit here and journal, no real heavy work today, this is me time today, it really is, this is the time I get to spend on myself, I will potentially do a little bit of work later, but for the moment I am just going to focus on me!

I'm just going to chill, and just be me!

I am extremely relaxed and at peace, with myself and my surroundings, I love it here, I truly do!

I again find myself quite at peace, calm, collected, and just enjoying life in general, I have come to the conclusion that trading the markets is not how I am going to make my money, and thats as simple as it gets at the end of the day, however I can do it through a simple buy and hold strategy with a basket of purchases and more in the capacity as an investor, but with strict and tight governance...

More so it would probably in fact be better to simply make it through other means being that of this idea with the therapist role and setting up a web-site, and rolling with the jewellery as a side line!

Its all about diversity, it will be interesting to see how the drop shipping line goes, it really will, I mean I have to give it a go, I will try all of the angles at the end of the day!

I also need to ensure that I can maintain a balance, and also stay sufficiently focused in order to see through each project, and make sure I tick a few of these things off!

The boat can be the carrot, it really can, it will be what I have to look forward to, but I need to pursue all of these land based options first, and set myself up before I leave...

If I get the office, then I could always work seasonally and even take considerable breaks, and hit the water, that's always an option!

I'm going to call it Medicin aley I want to set up a tea shop, a place of healing, a place to meet up, to gather, to read to draw, to converse to receive counselling, to connect, to heal, it will be like happy herb, but in the flesh, with a pulse!!!

The tea menu will be the key, it will have to be divided into uppers and downers, or stimulants and sup-presents/sedatives...and a mind altering/expanding section!

Also divide the space up between members and the general public, the members lounge area offers some quite unique perks, so there will be 2 different dynamics, 2 different spaces, one more intimate and for serious discussion and the other for the general public, members will be a modest \$35 a month, an ensure that it is loaded with perks, discounts etc...

The secret is not to spend a huge amount on the furnishings, just cushions on the floor, and some nice rugs, keep it simple, no fit out, just a minimalist approach, maybe some bean bags, keep it simple and intimate, minimalist is going to be the key...

Cool spiritual books, prints, incense music, even some really cool wallpaper on the wall, art work, photography, intimate lighting, possibly even just lit by candles, and cool glass candle holders!

I want little black bags, jars, bottles, all with a little Buddha on them, my own branding and retail this stuff also, including the jewellery! Or some other form of spiritual symbol or figure! Golden Buddha!

I think this is definitely the direction I need to go in, it definitely is, I might end up having to make a trip to spot light in Cairns, or perhaps order online and see how much delivery will be on large orders, that could be interesting!

This clarity is still flowing hard and strong, I did sleep in until 4 in the afternoon today, see but I'm not going to concern myself with this, nor am I going to feel guilty about it neither, because I clearly needed it!

You see I am learning to be more accepting of the more broader requirements of my mind, being that if I need to sleep for 14hrs, then that's just the way it is!

I am really learning to create a more conducive workflow in my mind, in terms of efficiency, gone are the days of this random, nonsensical machine, that jumps from one thought to the other, with no consistency, and no real utility, randomness almost for the sake of randomness, I can assure you that it was far from entertaining and certainly not very productive!

It is in fact in this sleep state, which the solidification occurs, and I find myself often drawing on and listening to talks and audio books on some very deep topics, and this in itself has had rather a profound impact on my psyche, it truly has, I have gained some amazing insights during these early hours in which I struggle to get to sleep or find myself awakening, especially around 2 to 3am, these seem to be the best times to absorb such content.

I am a sponge at the moment, it has been a truly profound transition, it truly has, I have gone from struggling to stay focused to struggling not to...that's quite the turn around...

The spooks are in town, trying to resolve the current "crisis" it wouldn't at all surprise me if the entire thing had been fabricated, it really wouldn't, it's a bit like shaking the ants in the jar...

When people lose power, they can behave a little strange...

I am stranded here for a reason...

I need some guarana, I am feeling a little tired, a little lack lustre, my mind has been running reasonably hot over these last few days, it really has...

I am just learning to stay chilled, not to get over excited, nor over stimulated, to stay calm and collected, and to just be at peace, to be at one with myself, to be relaxed, this is key!

Its sad that some of these hackers fit into the cliché, ugly and overweight stereo type, it truly is, they know that the only way they are going to potentially get laid is to achieve some sort of rock star status...

You see anyone pinning their hopes on fame, fortune or any other type of position or status, is extremely vulnerable, and easily manipulated, for you only have to dangle the potential of this, you see the beauty of this level of desperation is you don't even have to deliver!

I know for a fact that these guys fear those in which can't be manipulated, or intimidated, because they can't be controlled, or even coerced...

I fit into that category, and it concerns them, for normally everyone can usually either be bought or intimidated, but I don't have anyone that they can even leverage off, to get any amount of purchase on me...they have nothing at the end of the day...

I do wish that these spooks would just fuck off...jesus, I mean they couldn't be more obvious if they tried, the almost have a scent to them, they just don't realise how much they stick out, they really don't!

See the key to any such mindset, is in the basis of belief, and with that comes conviction, for if within yourself, if within the very core of your being you believe something strongly enough, then this is sufficient enough to cause it to manifest..

Well it works out that our try hard little hacker was nothing but an overweight wanna be, he was caught out watching gaming videos...he cant even game...that's pretty fucking sad...

I really feel sad for impostors and try hards, I really do...
I think I need to get off these anti-depressants, they just make me tired, I just sleep far too much on them...

I just got the offer from the real estate, they want 3.5 months bond, which is extremely excessive, and quite frankly somewhat rude, if they cant meet

somewhere in the middle, then that's that as far as I'm concerned, because I am simply not willing to lock that amount of money in trust with them.

This resort is really dated, the pools got mould and algae at the bottom, I mean really, Its the Sheraton, one would expect a little higher standard...

I have to admit I do have a preference for the Hilton, it was a lot nicer and far more pleasant, the foyer, the art deco contours, the aesthetic...this is like one big shopping mall...

There should be a law that allows one to simply drown spoilt little shits, like kittens, in a sack, put a brick on the bottom, done and dusted...

I'm in a good place, I really am, apart from feeling tired, however its certainly better than being depressed, give me tired any day, because one knows that the flip side of this is feeling refreshed and enthusiastic!

You know I realised that price for these hotels isn't indicative of quality, more often than not, its the prestige, because at the end of the day, there isn't a huge amount of difference in the rooms, and its certainly not based on square meterage, i.e. if you pay triple the price, you are not getting 3 times the space...

I realise how the previous comment regarding children might seem a little harsh, but I would bet there isn't a single person at some stage that has felt the same way, most people just can't be honest enough to admit it...

I realise that I face the real risk of making some enemies in what I have written in this journal, but you know what I would rather genuine enemies than insincere friends...

I feel however that it is really important, that this journal be presented in its raw and unedited format, with the exception of some grammar and spelling it is as unchanged as the day it was written, and I feel as though it needs to be, for one should not be judged on who they were, but who they have become!

I feel as a society, we tend to attach to the negative attributes of a person, often in a way that is somewhat disproportionate to who they are, and we are constantly on the hunt for that one mistake, in order to discredit or invalidate their previous accomplishments...

Its clear as to the reasons for this, it is simply insecurity, seeing someone achieve more than us, makes us feel feel inferior...well, I have to exclude myself from this, for I see this and it inspires and motivates me, it gives me something to aim for...

I would love to see the human race evolve to the point where it can raise above this...

I am in this surreal place at the moment, these hotel foyers are odd places at the best of times, in saying that it all forms part of this surreal narrative for me, it really does, I am kind of back in this odd head space again, but its quite surreal and beautiful and to be honest, it really does make reality more tolerable, it really does...life in general for that matter...

I need to remove the mechanic from my consciousness, he no longer serves any purpose other than that of a burden, I have bent over backwards trying to help him, and it seriously is a case of pissing into the wind...

I am still hyper aware of the changes that they have made, from the image codecs through to the historical content, I would hazard a guess to say that I am one of a very small minority that has, and I have seen how it can literally drive someone insane...

I cant help but ask the question as to why have they allowed this minority to be aware of this, given they clearly have the technology and ability to suppress such perception...or perhaps they don't, perhaps the very nature of its abstract variability makes it hard to pin down so to speak...

How is it that despite all of the logical capacity that resides within my mind, and the seemingly current "sanity" to which it seems to inherent, that I still carry this narrative...

The treating team and the psych seemed to think that I was very in tune and aware of my mental state, what was interesting is that I had this picture of this entire dialogue, this discussion I wanted to have with them about reality, but "it" wouldn't permit me to go there...

The truth is that if most people were aware and tuned into things on my level, I don't think that their mind could cope, I think they would freak out, it would simply be too much for them, this "thing" this inference, knows that I can, actually it not only realises that I can, but I believe it has formed some sort of alliance with me...it trusts me...

You see this level of power, calls for a considerable amount of responsibility, and I personally don't know of a single person that could be entrusted with such a thing, most people become instantly intoxicated by this level of power...

Golem and the ring...

I am so beyond calm at the moment, I don't even know how to explain this state, I am so relaxed, so at peace, no anxiety, no concerns, I just have 100% faith in my direction, I just know that everything is going to be OK, I just do..!

Now its really just a matter of sitting back and relaxing, just chilling out, and waiting for things to unfold, its really that simple...

I will look at punching out a few more invoices to a few more departments, I am going to target every single council individually if I have to, they will all receive invoices...

The only thing they can't alter is physical hard copies, stained, wine, coffee, mould, these organic markers are simply too hard to replicate, that is why these documents weren't altered...

I'm right here, because this is exactly where I need to be...

See the interesting thing is that the entire time, I thought I was the one that was fucked...

The problem was is that I was listening to the child, when I should have been listening to the man...

Its not to say that one should ignore this voice, because there are times in which it can see things that the adult mind cannot, for in standing proud one can tend to overlook certain vulnerabilities.

I feel as though I am sliding in and out between the code...

You see one thinks that its the text that forms and defines the word, but it is in fact the white space...

If you can learn to control the white space, you control all that which defines it...the very foundation of its substance, its very essence!

With every compression, there is inevitably expansion, knowing this one must realise that everything is cyclic, that nothing can sustain any given state indefinitely, its just not possible, in saying this it is the transition where one needs to focus, not the state itself...if one wants to influence change of any sufficient nature..!

Its interesting how I can stay so calm in all of this...I guess it was the only foreseeable evolution...

This Guarana has actually chilled me out, that's quite profound!

It has been quite interesting to see what the effect of overclocking the brain to that extent has on someones spiritually, it really is, its almost as though one

needs to completely exhaust the logical analytical processes of the mind in order to allow the passage to enlightenment!

Its quite a profound transition to go from extreme hyper vigilance, paranoia, anxiety and fear, to that of being at complete peace with myself, completely calm, without so much as a care in the world...

I do think I need to pull back to no more than one coffee a day, Ideally I need to transition over to tea and do away with the coffee all together, I would say once I get the retail outlet that this will be the move forward, it really will, on more than a few levels!

I hope they come to the party with the 1 months bond, otherwise it might not happen...

I just have to stand my ground with this, I really do, the other option is I seek out locations whereby this could be run as a business within a business, which in someways might be more viable!

I wonder if there might be room to expand out of the back of happy herb, the other option is that I make it a portable business, on a trolley or small card table, something similar.

I am just going to chill out today, I think its really important to allow the mind to go in the direction that it needs to, I really do, if it want's to spend the day drifting off, then that's where it has to be, if it wants to focus, and be productive, then let it, you need to support it, in which ever direction it wants to go, that's really important if you want the relationship to work!

I am in a really good space at the moment, I truly am, I do want to stay in Port Douglas if I can, I do like it here, a lot, and I am starting to make some friends here also, the right space will come up, if its not the one above the yoga studio, it will be the one across the road, hey, it might even end up being the old chicken place, I mean that's also got some potential!

The reality is that its a renters market at the moment, especially with wet season coming up, that's just the harsh reality of it...

I am really looking forward to all this stuff coming in the mail, wow, I ordered so much stuff, I mean I went a little nuts, but really there are not many chances to buy this much stock, not this cheap, I mean its nuts...

I have had to come to the harsh realisation that I have been seriously out of alignment with the universe, and as a result, I haven't been able to slide effectively into a given time line, which has made things difficult, I have in essence been in limbo for more than 25years now, aimlessly skipping from one

thing to another, with no real consistency, and no where near at the level of conduciveness required to follow through on any given project...

I basically put this down to this issue with the internal conflict, and the systemic fallout that it had on my path and more so that of others around me...

I just have to accept this temporary holding pattern, I am just waiting for things to align at the moment, I'm sure it won't take long, something will fall into place, I am quietly confident!

The more I just learn to accept the fact that I am not in full control of my path, the moment I learnt to surrender to the delays, the breakdowns, the being stranded, is the moment I became more at peace with my path...

The thing is that I realise, that something was preventing me from going out on the water, it wasn't to happen, not yet, I am simply not ready for it, not yet, I think it will happen once I get this pay out!

Food on a plate, the vacancy the white space, the play on that space, how a space can cater or facilitate for X, this is important...

I have such a clear vision of how I can cater for and facilitate for the needs of people, by creating this dynamic, by creating opportunities for people, a space and environment, in saying that, it will need to be governed and regulated, there will need to be foundation and structure, and form, yet it will need to retain an element of flexibility, and the capacity to adapt to and adopt the needs of those in the space, it will also need to ensure that no one individual can negatively impact on or take away from the space in terms of the dynamic.

This blend of public and private, the members and general public spaces, the entire holistic combination of food, information, resources, people and the like.

I like the idea of by donation, I think there is some real strength and power in that, there really is!

I feel as though starting this from more modest beginnings might be the way to go, for its the foundations that will also determine the growth, for it is the roots that will determine the tree!

Its going to be a really interesting journey, it really is!

Incorporating Gestalt and Agnostic, also Hildegard von Bingen's recipes

Again I woke up in a very good head space, I am just really chilled, nothing really seems to phase me too much, at all, my bed was wet, it was raining in the bus, still no real reaction to this at all...

I think as long as I can remain calm and clear, I should be completely fine, I seriously don't see anything happening with this "arrest warrant" I really don't!

I'm just going to chill on it, you see because they are expecting me to make a move, and I'm just going to sit and chill on it and simply let the interest on the invoices rack up!

My mind is in a really good space at the moment, it truly is, at the end of the day there is very little if anything they can do right now, and they know it, and they know that I know!

It's quite profound and I still have difficulty coming to terms with this transition, although I just need to accept it, and realise that it isn't a passing thing, its actually here to stay!

To say that I am at peace with myself is the mild understatement of the century!

Its about learning to be content and comfortable no matter where you are, and not be too hung up on any sort of future plans in terms of where you thought you should have or could have been, the fact is that you are where you are right now and you need to make the most of it, even if that is something as extreme as being trapped in a lift...

I care not to have any further engagement with the mechanic, for I don't wish, nor aspire to be him, and quite frankly I have surpassed him now in terms of insight, and thought process, his mind is deteriorating, where mine is evolving!

In terms of divide, one must only choose to entertain interactions where there is a complementary ascension, being that of a duality in evolution, if one mind drags the other down, then this is detrimental, to both parties, for it not only negates and reduces the progress of the other mind, but also creates a feedback loop, where both minds are eventually effected and the baselines of both minds are now below that of their original points of origin.

More often than not, given that the mind is inherently lazy, it will want to induce and create a dynamic that allows for the facilitation of this, and thus will reduce or even eliminate such fundamental challenges, and it can be extremely shrewd and cunning in this, it can be the master of excuses, even drawing on the sympathy of the other...

This women that is working in the cafe is absolutely gorgeous, she truly is, I mean god dam...

I love my music, I really do, I'm listening to Chilli Peppers atm, and it just transitioned to Foo Fighters, skin and bones!

I just had to move, the general awareness of people now a days is almost non existent, they could have gone anywhere in the hotel, they saw me there working, and had absolutely no hesitation sitting there entire family down right in front of me, the amount of times that I think if I had a tazer..

I have no time for fat lazy stupid people, I really don't...

Yes, you could say this is harsh, but its just being honest, why would I want to infect my mind and my being with that, I mean really and no amount of positive influence is going to combat that, or help them evolve, they are only going to want to drag me down to their level...

I have seen this with smokers, drinkers and drug users, they aren't comfortable unless you are drinking or partaking also, and have absolutely no conscience when it comes to pressuring or persuading you to engage either, heroine addicts will even go as far as to spike or dope a friends drinks or drugs in order to create fellow addicts...well as far as I am concerned there is only one solution for people like this...and that's a bullet to the head!

These morons forgot that I can lip read...

When I think back, I have always had that gift of being able to see past the superficial, the surface, I could always see things for what they were, and that's a hard one to try an decipher, when your reality differentiates substantially from the norm, you almost feel like your insane..

Take these two agents sitting across from me at the moment for example, they really couldn't be any more obvious if they tried, almost from the playbook of how to stick out like a sore thumb...

I really don't care, because no amount of observation, no matter how refined, nor in depth is even going to remotely scratch the surface, its really not...that's why I am so calm, because they will never be able to decode this biological encryption, they are a good 500years behind!

See heres the thing, I knew all along the intent of these entities, and I led them to believe that I was going to aid them in their cause, I led them on only as long as I needed to, just long enough to reverse engineer their technology...once they realised this they couldn't get out of there quick enough...they don't like being outsmarted, especially not by a human..!

I now have full control of this tech, although I'm no idiot, I'm more than one step removed in this equation, no amount of infiltration nor inference is going to be able to grant anyone access to this, I have set up an extremely sophisticated encryption bridging protocol, the likes of which, is centuries ahead of anything this mortals are even remotely capable of deciphering,

these guys are the equivalent of their tree swinging ancestors, in terms of intelligence...

You see heres the thing when you posses an infinite level and capacity for expansion, your abilities and the sheer computational capacity extends far beyond that even remotely imaginable...

Putting it in simple terms, it would be the equivalent of attempting to forecast the weather of every region on the planet, to within an accuracy of .001%, a year in advance using nothing but a commodore 64...lol

On the flip side I am only needing to do the equivalent of grade 3 math on a supercomputer...

Once I finish this little rest period, I am going to totally destroy this entire construct, their little power structures, their methods of enslaving the populace...Jesus fucking Christ, are they about to get a very rude shock!

Don't get me wrong, I'll let them operate under the facade of their self appointed delusion and illusion right up until the final hour...they really will not see it coming...

The laptop charger wasn't working for a little while, I was under the impression that it was indefinite, and for a moment, I thought what am I going to do, I'm going to be here for days without the ability to disappear into my own little world..in saying that however I didn't suffer from the usual anxiety that would normally be succumb to, I still in fact stayed quite calm, I guess I realised that I could always work on the hotel lobby, computer.

Its getting over this hurdle of self sabotage, and looking forward, I need to keep momentum, I need to keep moving forward, Its about creating opportunity and leveraging off of what available funds I have in order to ensure I can maintain a positive momentum...

I certainly should have really just called it quits on the markets long ago, I really should have, this obsession was not at all healthy, it has cost me so much time and money, I really should have given up on it a long time ago, I really should have!

Now Paypal have decided to tie up my funds, I'm not impressed, I'm really not...they could potentially fuck everything, it all rides on this money flowing and they just stalled it, in both directions...Ebay coincidentally put a freeze on my outgoing funds also...

To say I am not impressed would be a mild understatement...

I cant help but admire and observe this gorgeous woman at the Cafe, wow..!

I huge part of me wants to ask her to join me this evening, I'm just not sure how to pose the question, maybe I just need to be direct and up front, and let her know where I'll be and extend the offer, not over think it...

I am learning just to chill out, just to kick back, relax, and just be more in the moment...

This is paramount if one is to master and conquer anxiety, it truly is, one needs to be less attached to and concerned with future outcomes, for ones you attach your hopes or desires onto such onto any sort of projection, you now become extremely vulnerable, given that you have now aligned yourself with an etherial and intangible medium...

If you unsure as to why this might cause such grievance, because if one attaches themselves to such a thing, they immediately compromise their footing, for they aren't even on thin ice, they are floating on a cloud, a cloud that is at the mercy of an entire array of environmental variables and influences, and any slight shift or deviation not only in the cloud itself, but the very atmosphere can have disastrous, even catastrophic results...

Even though I have been sleeping in a wet and cold bed for the last 4 days, I am not terribly phased by it all, to be honest, I thought I would be, but I'm actually not, surprisingly..

I am doing quite well, all things considering, I really am...

I am curious to meet Nicola, you know sometimes life just works out, and you meet who you are meant to meet, when you are meant to meet them, and that's the way it goes sometimes!

I am again in a really good place, I truly am, I really just don't have a care in the world, really compared to what I have been through, it really is nothing, it really is...

I am still a little surprised by what I have been able to do, how I have been able to turn things around, I really am, and yes, I until recently was still making the same mistakes, and that really is to be expected, because turning any vessel around, takes time, especially one that has been on such a hard steady course, with this much momentum...

You see they think they have me pinned, but they also know that I can turn on a dime in terms of my daily routine and decision making process, even in terms of my short term direction, they really don't know whether I am coming or going at the end of the day...

I really do feel as though I am in a good place, I really do, I am just really at peace with myself, even my typing is more fluid, its just flowing, it really is, no more cross chatter, no more confusion, no more scattered thoughts, its all just flowing!

I would seriously fuck just about all the women here in their 20's, they are seriously adorable!

Well at least its stopped raining, thank god for that, what a relief!

I am in such a good head space, again, this positive mindset has been serving me rather well, I feel as though I am in a really good place, I really do, I will soon know once these nutropics kick in...

I have taken 2 guarana tablets and had a strong espresso, and its really a good kick starter, it really is...

I need to focus on the drop shipping side of things today, and just get down to it!

I have had a very calm day today, I really have, it has been quite peaceful, almost quite surrean and a little surreal, it really has, as for what I am going to do about a shower, I am really not sure...

I am learning to stay detached from it all, I am really simply choosing, to switch off to it, and simply not allow these fucking plebs to get the better of me, I'm really not...

I am seriously going to rip these guys a new ass hole, I really am, I'm simply no longer going to sit back and tolerate this shit, I am going to put in an application to have the matter heard before the district or even supreme court and even preferably in front of a jury...

I am not going to occupy my mind too much with trading the markets, I'm simply not going there, I'm really not, I am going to look at this drop shipping and marketing instead, I need to really crack at this tomorrow...

I am really at peace, I truly am, there isn't a lot that phases me at the moment, there really isn't, I am also learning to not only tune into where I need to be and to whom I need to align with, but also with whom I need to avoid, which in terms of energy and any potential displacement, it is often equally more important to know what to avoid in terms of dynamics and interactions.

Given the basic fundamentals of chaos theory and the disproportionate nature of that of the time and energy required to create something as apposed to destroy it, we need to always be alert, to that one spark, that one ember...

In this age of technology, it only takes a virtual spark, the minutest of electrical impulses, in order to bring down an entire empire, that one stray electron...

Interesting, I'm staring at this book, the barefoot investor, its gotta be at least 250 pages...its sold more than 2 million copies, yet its entire contents could probably be reduced down to a page...

I do wonder about that combination of being delivered by forceps and the frontal lobe conflict, there has to be a connection there somewhere, its interesting that my unwillingness and reluctance to enter into this world started so early...

How could anything that hasn't even experienced, even laid eyes on the world, have possibly have known of the potential demise it was to walk into, for it knew of the dichotomy of human nature, the walking contradiction that is the human condition...

We live in a world where this contradiction defines us, it is even the very foundation of our legal system, the very administrative constructs that define, govern and shape humanity, this judgement, the split personality, this double standard, thou shall not kill, yet the government continues to murder!

They think there hands are clean, because much like Hitler, they only issued the "instructions"...

I am really in a good place, in saying this, I feel as though I have become a little complacent in the process, and that fire in my belly is not longer there...

I just stopped to contemplate, it takes on average a year to write a decent book, and it can take the average person 1 week to read it, what is the percentage I wonder in terms of ratios, I mean even if writers made up 1% of the reading population, assuming the average reader reads 10 books a year, statistically speaking, we should have run out of content a long time ago...

I am in a very chilled place at the moment, I am just going to keep sending invoices for damages and costs, simple as that really, I'm just going to keep hitting them, consistently, I am really going to make them regret that they ever caused me grievance...

They really are going to regret it, I am going to ensure that every last molecule of their body is aware of what they have done to me...

Its going to be interesting to see what transpires from this it really will, I will elect for a court hearing, I think this is the only way to get them to take it seriously...

Heres the interesting thing, is that I thought I would be more adversely effected than what I was by what was going on, but I wasn't, I simply adapted, I found other places where I could go, things I could do, and just simply adapted and that's all it came down to really...

I just slowed down and calmed my mind, and just learnt to be at peace with it..

I went to the backpackers last night, the owner caught sight of me and asked me to leave in the first 5 minutes of getting there, she didn't deal to well with the bad review at all, lol fucking cunt!

Julie is pretty much ignoring me, and that's fine, because to be honest I really don't have any time for her, not any more, I value my time far too much to waste it on her, I really do..

She can't even make eye contact, she has some serious issues, she truly does..!

I really don't have time for that in my life, I truly don't, I am not even going to text her anymore, I just really don't see the point, I truly don't...

I am going to focus on Elisha, because she is also considerably more attractive as a person, even aesthetically, she is much more desirable on so many levels...

I want someone that has their shit together, and is stable psychologically I really don't want to have to mother someone so to speak, I have enough responsibility as it is, I really do, I don't need the added stress of a partners psychological burden...

I think I might need to get a hold of Sydney criminal lawyers, I really do think that they will be able to help me, and I feel as though they would be a good match, in terms of their ethics and what they stand for!

I am really in a good head space, I really am...

Pine pollen eucomia bark

I will again disappear into my own little world, here with my journal, writing, reflecting on what I need to do, where I need to be, and more importantly, how I'm going to get there...

Do I go as far as completely destroying this entire construct, for I feel these guys have had it coming for some time now, I really do, I plan to seriously fuck them for what they have done to me...

I think with the amount of suffering they have caused individuals, I really do feel as though it is completely unacceptable, I really do, I feel as though it is time for a change of the guard...

I will completely destroy their little facade, I will bring their entire little world collapsing around them, I am going to bring down their entire little construct...

See heres the thing, I am completely aware of the multiple layers of reality, yet, they are not...

It's going to come as a considerably rude shock to them, when they realise that everything they thought they knew, was nothing but a complete illusion..!

I have gone off the medication again, I need to raise the bar, I need to tap into that alternate reality, I really do and I simply can't do this on the medication. You see it was never for my safety, or in my interest to be medicated, it was in fact for their safety and their interest...they are choosing to castrate those that step outside the mould, for they simply can't deal with divergence...

I am about to take it to the next level, I am about to take my mind and extend it beyond the realm and boundaries, of anything they could possibly even conceive, see, now that I have the will, I will find the way, for I can now hyper extend far beyond that of their mere meagre capacity, their feeble little minds..!

They have been lured into a false sense of security, they really have, but now they are in so deep, that the sheer embarrassment alone...they really drank the cool aid...

It is going to be really interesting to see how they choose to respond, it really will, we'll just see, see if they continue to ignore it its only going to be to their detriment, and its only going to compound and make matters worse!

It really is about the simple things in life, it really is, take this gerogeous women walking on the board walk, there are some really cute strays here at the moment, there really are, there are some absolute honeys about, there really are...

I might journal for a little bit, then I am going to head into town...

It has certainly been the case that, how I foresaw the projected timelines and outcomes, haven't aligned in the way that I imagined, I certainly didn't anticipate the 50ft coming into the picture...

See heres the thing, I don't think they realised how fucked they actually are, they are so deep in the shit, they don't even for see how deep in it they actually are, they really and truly don't...

You see I understand and are privy to the underlying biological displacement and inferences, the fact that I am seeing absolutely no mention of it anywhere, leads me to believe that they are compl

I am not getting a good vibe from the owners here, I am really not, I have a feeling they have a bug in their ass about me being here after hours, it is an open public space, if he want's to get funny about it, then I can get quite blunt when I need to, and I might just have to!

None of the staff here were friendly, quite the contrary, somethings not quite right...they all seem a little on edge, a little uncomfortable with my presence, that in itself is quite interesting.

As for where to from here, well that's anyone's guess at the moment, its about staying calm, its about staying collected, its about remaining steadfast, and remaining collected, don't comprise, don't yield...

One should never sacrifice steady ground and footing, for a fleeting advantage, especially if one has no where in which to retreat, for more often than not, one might find, murphies law being what it is, that more often than not, one will attract the very thing they fear...

I just had an interesting thought, in the case of concentual sex, one should actually technically have to ask for consent, or re apply for the right and or associated permission, each time they re-insert here said anatomy, given that the act of intercourse and the very interaction and act that defines and also binds it, is in fact this physical process...

It is somewhat evident in this case, that the male, in terms of the intercourse is at a systemic disadvantage, being that given he is the one initiating and/or conducting the penetration, that the persons on the receiving end can simply claim that they were violated, even if it was they themselves that initiated it...

One could also apply this to entering and exiting a property or vehicle, or even boarding a vessel...

Suffice to say in the instance of trespass, it is the trespasser that must prove they are entitled to and/or permitted to be on here said property, and more often than not, it is very much a case of guilty until proven innocent, for the land owner is very seldom, if ever asked to present a certificate of title, and/or proof of ownership...

I am here at Zinc, I am really looking forward to speaking to Elisha, I already feel much better, just being near her, I really do, she is so adorable, she truly is, there is just something about her, there really is..!

She just has an elegance about her, she truly does, she is such a beautiful soul, I am completely intrigued by her, I truly am, I have grown to adore her in such a short period of time, I truly have!

So in terms of my direction, my new trajectory, it seems to be a combination of things, I am going to cast the net quite wide, in the hope that I at least catch one or two fish, I'd even settle for a starfish!

I wonder if I should just ask her out, I don't see any harm coming from it, I really don't, worst case scenario, I get rejected, but I don't really get the feeling I will...

These fleeting visuals of her as she walks past...mmm....delicious!

She is like some exotic Coca liquor, with a subtle undertone of delicate and rare spices...

I am in this space, in this place, I am centred, I will simply allow things to transpire as they are meant to, I need to be patient, and just relax into this relatively new method of being...

Its going to be OK, it really is, I just need to chill out, and know that it will happen when its meant to happen, no sooner, no later...

As for how this thing with the jewellery will pan out, I am not entirely sure, it has the potential to go in a few different directions, and that in itself will also take its own natural direction...

The staff here are quite cute, they really are...

I am a little torn between the clarity that was on offer with the pharmaceutical arrangement, versus my now much more natural and free flowing state, I don't feel as though I need to fear any sort of remission, I simply cannot live a life in fear, instead I need to replace this with the confidence that I am able to self regulate, and I have sufficient enough strength in myself in order to retain such a resolve!

This journal has really been paramount to this process, it really has, the skill set that I have developed, this ability to communicate with the written word, to the point of weaponising it!

Its almost as though she just looked straight through me...mmm...

Has she already prepared herself, for what she thought was my departure...not to assume, but to have that sort of connection abruptly severed irrespective of the outcome...

That being the case, she is a little more sensitive, potentially more fragile than I realised, not that that is a bad thing, I'd rather sensitive over cold and emotionless any day of the week.

I don't get the sense that she is volatile though, I really don't, If I had to hazard a guess, I'd say quite gentle and well balanced, it say not one to complain, potentially put others first, kind hearted, compassionate, almost to her detriment at times...

I feel like I am just going to smoothly slide into this year, I really do, I can just see that's where its going, I really do, I need to always ensure that I remain calm and collected, composed, confident, but not overly I must always ensure that I retain a considerable element of modesty, suffice to say a sensitivity and awareness towards my fellow human, but no where near where I have been in the past, for those extremes are beyond that in which I can even effectively process, yet alone act upon!

This connection to other and self, this duality, is important, this grounding, this foundation, I can still maintain a foot in both worlds, just as long as my psych and awareness is formatted in such a way that I effectively bridge the two realities...

It is somewhat not dissimilar between the relationship between the conscious and the subconscious minds, the internal and the external, the ethereal and the material worlds, for it is in this juxtaposed and abridged relationship that one can ensure that there is a healthy balance..!

As two is the relationship between the singular and the plural, for one must retain their independence, whilst also coming to terms with and possessing the capacity to unite, to become greater than the sum of the parts, for it is in this duality and all of the variations thereof, that one is faced with and granted access to the many and varied perspectives of their fellow human!

One must learn to not become too attached to their own opinion and perspective, one must always retain an element of openness to even what might seem the most absurd or unrealistic of opinions and beliefs, one should not feel the compulsion to always correct, adjust or attempt to alter the perception and consciousness of their fellow human...

This is not to say that one cannot engage in health discussion, and share their difference, debate even, for it is only when we are forced to challenge or

evaluate these perspectives and values, that we will either have delivered onto us a greater understanding or insight into such things,

I am learning to be more precious with my time, I really am, I would say I spent 10 minutes at most at their table, then I just walked away, he didn't even have the courtesy to even acknowledge the topic of the boat, let alone discuss it, some basic courtesy might have been nice, and I certainly wasn't going to waste any more time, nor be infected by their presence...I truly wasn't...

I am learning to simply distance myself from these sorts of Carni scum, and hey yeah, that could be seen as not only quite harsh, but a position of considerable judgement, and to be honest, people choose their nature, they choose to be who they are, no one forces anyone to react or respond the way that they do, that is a choice, If I decide to respond to abuse by being and abuser, that's a choice, pure and simple...I know this, I speak from experience, it is a conscious choice!

I honestly care not for those who choose such a path, nor those who are inconsiderate, selfish or abusive, I really don't nor will I even remotely support nor feed such entities, I simply refuse to allocate any of my energy to individuals of this nature.

I am choosing to be more selective, more discerning, most importantly more precious about my time, my energy and even my aura, simply put I won't even accept certain things into my radius anymore!

This legal team is really going to be running around in circles, they really are, see on the one hand, they have to be seen to be impartial in their investigation thereof, in relation to any potential misdoings, be it there support, advocacy or participation in the pursuit, omission and/or attempts to squash or suppress previous claims, in addition to any potential association thereof, influence, or power over the prosecution, being that of either persuasion, or any form of influence over that of here said departments and associated administration, namely that of their active duty and any way shape or form that this may contradict or contravene their obligations as lawyers, being the underlying oath and associate conduct in terms of moral and criminal acts!

It will be very interesting to see how this transpires it really will, it will offer its own set of unique challenges no doubt, but we will just see how it goes...

I could always run this gig from different locations every time, that could work, or potentially mix it up, have a bit of this a bit of that, even meet in parks, even the church could work.

I will be interested to tee up with this Shaman and learn how to make the tinctures, that could be cool, it really could!

I am going to learn to be adaptable, I need to be like water...

There isn't really anything that I fear anymore, there really isn't, if anything, really, I just simply don't, I am fully aware of the fact that they could potentially try to set me up, but that's the risk you take in these situations, I can't hide away and live in fear, I outright refuse!

See I am also aware that if I can maintain a certain resonance, then I should remain impervious and immune to any inference, influence, or interference!

I think if I can maintain the upmost level of integrity, and remain incorruptible, then I should also remain untouchable, for they simply cannot get a grip or hold on me!

The only way any demon entity can gain hold of or get access to a living creature is through fear, it is through fear that they can possess your soul, ask yourself the question, what has been the underlying narrative of main stream media, and government propaganda...let that sink in!

The interesting thing is that government and science have cleverly collaborated in order to attempt to completely invalidate and discredit the teachings of the bible...now why is that you might ask, the only thing that is allowed to make it into the main stream doctrine is that in which they permit...pure and simple, anything that is a threat is quickly extinguished, if you want to know the truth, look at what isn't spoken about!

Lets just see where this all goes shall we, I am only going to offer them the one ultimatum, pure and simple, either they make good on what they have done, or I will destroy them, its fairly simple!

This is not going to be the year of treading lightly...

I plan to utilise this leverage, and then leverage of the leverage, for infinity...

Here's the thing, divergence is immune to inference, thus it can't be manipulated, and thus as a mind set or a methodology in terms of thought process, individuals existing on this spectrum, are subsequently also immune to the usual methods of manipulation!

As for those making absolutely no effort and zero attempt to protect themselves from this, I really personally don't have any time for them, trying to help these people with this level of awareness and atrophy is the equivalent of trying to guide a drunk across a busy intersection, you know its fruitless for its only a matter of time...

Most people waste their lives away debating and discussing the most meaningless and trivial shit, heaven forbid they should touch on anything of any real substance, or get to know the workings of another's mind, or develop any real or intimate relationships with their fellow human...

Heaven forbid one should walk away from an interaction remotely enlightened, or even worse, left challenging their beliefs or opinions, that's the sort of thing horror movies are made of...

I started on the Guarana today, I've gotta say, this new blend is pretty potent, this is the 5000mg I think, I'm still waiting on the liquid version, that should be quite interesting indeed...

As for Julie, well, what can I say, I am not particularly interested in her, I don't do damaged goods, I am not even going to remotely concern myself with her, once bitten, twice shy...The fact that she chose to reprimand me for simply expressing concern, doesn't sit with me at all, it really doesn't and to be entirely honest, she doesn't even deserve to be in my presence, let alone even have me as a friend, she truly doesn't!

As for Justin, well he's going to have to step up to the plate, if he wants to keep me in his life, he really is, and quite frankly, he loves the alcohol far too much to even entertain a quality friendship!

I am going to be quite systematic and also very terminus in my future pursuits this year, everyone gets one chance, and if they cant at least meet half way, in terms of commitment and basic communication, then, I walk.

I have opened up a line of communication with the Italian, I figured enough time had passed, and there were some things that needed to be said, I still feel strongly about her, I still feel a connection to her, and yes, she has some underlying short comings, but don't we all...

I do think this vessel is key, I am however a little reluctant to involve or have anyone be part of its journey, especially with this Shaman, I really don't know as to whether I can trust him, if anyone is going to fuck me over for a dollar, it will be him, it just seems a little odd that he flew out all this way...for what, and why.

He just so happened to be waiting around where I was going on both occasions, yeah...mmm...

You see, I am glad I have still maintained that level of insight and scepticism, because its healthy at the end of the day, it truly is, I didn't partake in his joint, I believe he did try to bait me, there were too many witnesses and it was too obvious, it really was, I have eyes in the back of my head in those sorts of situations!

What I need to constantly remind myself of is the simple fact that there is no reality in which this ends well for them, and the degree of difficulty is going to be proportional to the financial reward and I need to simply embrace that!

You see, heres the thing, no amount of wit, nor cunning is going to allow them to worm their way out of this one, its really not, and the sooner they come to terms with that, the better!

A little early to celebrate guys...

Here's the thing, if you want to succeed in any acquisition, any major energy exchange, your best sitting back, and waiting right up until the final hour, and then you simply walk up and ask for the keys, however in my case, I have had them all along, I was just waiting on housekeeping...

I'm patient...I can wait...I want the linen pressed and the sheets tight...

I haven't seen Elisha tonight, and that's a shame, oh well, she's spoken for anyway...

I'm really sick of this white privilege, I really am, it sickens me to the core, for far too long they have dominated and suppressed these indigenous cultures, raped, pillaged and plundered..!

You see acquisition and power is an illusion, for as long as you acquire either or via a means resulting in any type of exploitation, you are in fact no more in possession of such material substance, than the air you breath..!

Reality, all reality, without exception is merely a matter of perception!

These ship of fools, they are drinking the cool aid...

Its all in the biometric signature...

By the time they realise, it will be too late...

Heres the thing, they are decades behind, in terms of the superfluous administrative construct, and centuries behind in terms of the true underlying reality of what is..!

I had this quite profound and surreal moment last night, I found myself slowly and gently pacing in this lovely long pool, with the ambient light, and the gentle drops of rain as they fell on the surface, and it was during this time, that my subcionscious decided it would unveil and unravel the last 5 years, and so begun this beautiful dialogue, this insight, into the rationale, and it was

then that I discovered the depth and level of elegance and sophistication to which it had been operating, it was during this conversation that I truly discovered that even during this fluctuating state of psychosis, my subconscious had it completely under control the entire time, and this apparent confusion, at times the equivalent of a living hell, were in fact merely a form of encryption, and also simply the fact that I was attempting to tap into the workings of this part of my mind, despite the obvious bandwidth limitations...the frontal lobe simply was never designed to be able to even remotely handle, let alone attempt to process, let alone interpret this level of computation and the associated complexities, let alone stand a chance of deciphering such a narrative, let alone remotely make sense of it!

So I have decided to stop taking the medication, this time, I have trained my mind to not only mitigate and cope with any subsequent stressors or triggers, but also simply not to react to them!

Jan 4th I am in such a chilled place at the moment, I really am, I am just so relaxed, I'm so at ease, now one can look at this from one of two perspectives, either I am genuinely calm and at ease, or my brain has chosen and central nervous, limbic and emotional centres have chosen to shut down as a means of protection, in which case, it might not be permanent, although in saying this I have not experienced the normal cyclic symptoms being that of fluctuating anxiety, that I have in the past!

In saying this I have been sleeping in for what would be deemed excessively longer than usual, being up to as long as 14hrs, I do believe that this is either as a result of the stresses induced over the last 12 months and/or as a coping mechanism.

I am potentially in a very interesting position at the moment, it is really only a binary equation in the sense that my perception, observations and calculations of my current status are correct, and I am completely safe, or I am in fact in the opposite position, I really just don't see the later prevailing...

I have explored nearly every fundamental aspect, of all possible outcomes and subsequent derivatives there of, I have explored as far as possible the aspects and components that define my interactions, communications and the very underlying nature of my behaviour, I have gone as far as to bring to the surface my deepest fears and suspicions, I have explored the darkest corners of my mind..!

I have reviewed, analysed, scrutinised, interpreted, and re interpreted every possible aspect of my situation, it is so profound and surreal one could almost go as far as to call it a work of fiction..!

This path is so surreal, but one must ask, why me...

I am surely not going to be shy of enemies in this little pursuit, that's for sure...

Normally someone in my position would be experiencing sleepless nights, be extremely paranoid and possess a great amount of difficulty even leaving the house, let alone walking the streets...

At one point I was even of the suspicion and belief that they had cloned everyone out, and that all of the posts and content, even the phone conversations were artificial, now, logically, and not outside the scope of being plausible or even probable for that matter, given what they have done with other information and data sources, and it is in line with what the other patients also believed, as far back as my first submission...

My mind was cast back to this time, and the realisation that there was really no extent to which they would not go to in order to achieve their objective, including the cruel and egregious attitude towards their own agents...the frontal lobe and chemical lobotomies got to me...

They were desperately trying to anaesthetise me, various psychotropic compounds and amnesiacs, they really didn't want me observing what was going on...

They are all so completely naive, they are only one step removed from the members of Scientology...they have swallowed the government narrative hook line and sinker, not realising that there is no delineation between that of government and that of a criminal organisation!

How I have managed to keep my sanity during all of this, is even a surprise to me...

I think I am potentially far too valuable to those intending on instigating and/or in support of this shift, for in the grand scheme of things, in the broader context of evolution of the species, this is quite a fundamental turning point, I'm sure there are even those in the wings letting it play out in sheer morbid curiosity...

See I was originally of the fear, that they were potentially just planning to use me as a scape goat, and I haven't completely ruled that out, in saying that, I have put in place sufficient enough let's say measures, to ensure that there is enough of an incentive for this not to occur...

All I can really do is live as pure a life as possible, to walk the noble path and as much as possible not only walk that path, in a steadfast and with undeniable conviction, but ensure that I advocate and make provision for and support those attempting to do the same...

I awoke with some anxiety today, and hypersensitivity, again, it seems to be that waking hour, that beading in so to speak, that adjustment to reality, which I do struggle with, in saying that its usually quite fleeting...

Though there is something about today in particular, about being here on the waterfront, in this space, I am fearful of being asked to leave, given it is still a little grey as to whether I am allowed to be here..

As for the rest of them here, I'm just unsure as to whether I will fit in, although there are some absolute goddesses here, there truly are...

I have noticed a fundamental shift in the timeline, they have re written history and even laws, I first recognised this about 3 years ago, then again only a few months ago, the brief of evidence had even altered, including the witness statements and the like, it was interesting...the only reason I can think as to why I noticed it, again comes down to that divergence, and the associated abilities such as the ability to see through these anomalies, due to the filtering capacity...

The communications and architecture are intentionally abstracted and encrypted, so even if anyone does manage to enter into that realm, any insight or observations seem to be that of a lunatic...quite a clever strategy really, what they didn't count on was me decoding it...

I have access to this layer and information stream now, and there really isn't anything they can do about it, and its far to late to reverse the effects of my interactions...

See heres the thing, is that in their attempt to suppress and subjugate my development, the very method and process they used which should have in fact done x, has actually done y...

I don't think they anticipated that...

I also don't think they anticipated me reverse engineering their little "mechanism" either...

Its interesting, to have witnessed what I had, in the period that I had, to have had that level of exposure, to have gained that insight, to now, present day having come out the other end, with the level of insight, understanding and perspective, combined with the tools that I have...

I am going to just sit and chill on it for a bit, that's all I can do at this point, in fact its probably the best thing that I can do...

I decided to send the money for the Yacht, I sat on it for the day, had a good think about it, pondered it and then decided I just needed to do it at the end of the day, I am going to be in a very good position, I should be able to do all of the work on the boat and still have 10k in my back pocket, which I will definitely set aside for future improvements.

I think that I will end up back here, it will be a bit of an adventure that's for sure...

These noisy fucking Italians, really, they just don't understand the concept of speaking at normal volume, they really don't!!!

I finally got through to E-Bay, they are a slimy bunch of fuckers, they literally let the phone ring once, then hung up...I tried again, then the second time they claimed they couldn't hear me...convenient...then they tried to inform me that they had lodged a complaint, when in fact they hadn't recorded all of the information...nice move...

I am going to go to town on their arses, I really am...

As for the other stuff, they don't realise that I know exactly what they are up to, in fact I anticipated this years ago, in terms of their anticipated execution I have been almost spot on, I saw this coming, because little do they realise that they were guided through these gates, where the entire time they thought that they were voluntarily walking this path...

They are so cocky in thinking they have the upper hand...

I even know who's behind this...

They are attempting to paint this picture of me, and its simply not going to wash, its really not..!

Elisha's man must have been a recent acquisition...

They have shown their hand, and I know they have nothing up their sleeves...

I need to send this question and answer email off to ASIO!

It's interesting how I find myself in these states of limbo, parked, almost like waiting in the departure lounge, quite fascinating, I think Sydney is calling, I need to get into a major city!

I do get the feeling that I am in phase 2 of this transition, whereby previously I was the victim, and now, well, I'm not sure exactly what you'd classify my position as, perhaps an equaliser of sorts...

I just have to chill on it for a little, its the pauses, the stillness, its having the confidence to be at rest and at peace, without feeling the need to even fire a single shot persae...

I can't get over how calm I am at a time like this...this is like nothing I have ever experienced before, it truly isn't...

They are probably wondering how I manage to remain so calm, and this interestingly enough was an attribute that I possessed in psychiatric care...

See heres the thing, my interactions transcend that of the superficial...

I'm just feeling repulsed by humanity today, I really am, its a little like that movie where that kid sees dead people, all I can seen is stupid people...

The average IQ quota, is of a real concern to me, it really is, its almost like they don't want to evolve, they really don't, they seem to have not only no intention of doing so, but they almost seem to be fearful of it...

I had to simply cut Michael off today, he's really too much, and he has that usual bi-polar trait of he wont respond to phone calls and texts for sometimes weeks on end, and then when he wants people to communicate with him, he'll ring and ring...and ring, then he cracked the shits when I wouldn't answer my phone, to be quite honest, I simply don't have the time, let alone the head space for that, I mean, he's a grown man, and he's behaving like a child...

I feel like I need a change of scene, however I am kind of stranded here at the moment...

I tried and tried to get something off the ground here, people just have their heads so far up their own arses, they really do, they really have no fucking idea...

I really am struggling with the average IQ quota in general, let alone in these tourist towns...

Well I lost the boat...you get that...

I'm going to be stuck in this groove for a little bit, just waiting things out...

Perhaps I do just need a shack in the woods...

I mean its pretty here, but it starts to wear thin after a while, after all its a little superficial, it really is, there is no real substance here, it becomes a little dull and repetitive after a while, it truly does...

I just don't want it to get to the point where I end up resenting the place, I really don't, and sadly I can see that happening...

My mind was cast back to a quote by Mc Escher, and it was to the effect, that only if only he could come close to recreating the beauty in his mind...I can totally relate to that level of frustration, I truly can...

For I have in my mind this vision, of an ideal world, and I have such a clear image and depiction of how it would be designed, constructed and built, but sadly, greed, certain power dynamics, politics and the inherent flaws in human nature will prevent it from ever coming to fruition...

This planet is so unique, so overly abundant with natural beauty, I am so in awe of the majesty of this construct, yet we are fucking it...what gives us the right to destroy such a thing, I mean really!

If it wasn't for my journal, and my only little world, I would have either seriously completely lost my mind, or topped myself...

I need to just chill on things for a little, I really do, I'm not sure I need the complications of a partner right now, I really don't, although that woman in the clothing store is gorgeous, although she's married...

I might ask the yacht club again to see if they have a smaller vessel available, I kinda like the smaller steel boat, it's only 26ft, but that's OK, it's something to get started with...

I'm sure the right vessel will come along, it really will, and when the time is right, it's just hard because I am really torn between where I need to be and where I want to be...and there is a considerable divide between the two...

I think it might actually be in Cairns, I mean that would be more practical at the end of the day, and it's going to mean parting with the bus, but that's just the way it is...

It's either that or I find a nicer spot to park the bus...

Option b is that I invest in some rugs and bean bags and take the show on the road, and just set-up in random parks and public spaces, that's also a possibility...

I am just not feeling extremely motivated at the moment, I just feel like resting up and chilling out, I find myself in limbo again...

I need to learn to regulate my output a little more, there is no point having all of the fire and motivation at the beginning and then fizzling out come time to execute...

I can't seem to put things in the correct order, I have had access to these funds, and resources and yet I keep failing...

Perhaps I needed to fail, perhaps in the grand scheme of things it doesn't matter...perhaps in the grand scheme of things, I am exactly where I need to be...

I think in fact, what I needed to do, was in fact to hold off, until the right vessel came along, in stead of compromising, perhaps what I needed was a real yacht...

See I am beginning to learn, I am beginning to realise, and come to terms with where I need to be, as apposed to where I want to be and that sometimes there is a considerable divide between the two.

I am coming to the realisation, that I have a particular path, that I have a particular direction and I need to have faith in that direction, I really do, I just need to chill, and have patience, and most importantly have faith!

It will evolve the way its meant to evolve, when its meant to evolve, no sooner, no later...

I just need to simmer on it for a while, its the pause, the silence between moves, for I know full well that they will trip up, for they lack the imagination, they lack the spatial intelligence, they lack the creativity...they are linear, logical thinkers, to further disadvantage this, is the conditioned mindset that comes with this form of institutionalised thinking.

The very construct that trained them, that conditioned them, did so, only to protect and insulate itself, it cares not for the individuals, for its administrators, its servants, for they are disposable...

Just think about this for a moment, if you think that any entity that is capable of and has committed the acts that they have, do you seriously think for a minute, they are even going to waste a single joule of energy on protecting its servants...let that sink in...

They have even written it into their laws, they have such instances and scenarios factored in, in simple terms crown immunity only applies whereby one abides by the law, those at the top only write the play book, and its the servants that are naive enough to interpret this as some sort of bible, they are lulled into believing that it will serve as a means of protection...well guess what...it won't.

As for our little friend with the boat...well, he's going to be in for a rude shock, hes going to be fucked from so many different directions, he's really not going to know what hit him...

He is really going to regret attempting to fuck me over, he really is...

I am going to make sure that he learns a really valuable lesson from this...

As for these ass holes as Jimmy's, well quite frankly, fuck them, I mean really, and fuck anyone else that has a problem with me at the end of the day, because quite simply, the only real problem they have is with themselves at the end of the day...it is merely a reflection of their own internal conflict!

As I explained to the mechanic today, I am either completely on par with my decisions, and path, and I have all the bases covered, or I am completely deluded, I'm not going to the later out entirely, for that would be somewhat naive of me, however everything in my being tells me I'm on par, in saying that I am also aware of the shift that took place, the interference with the central nervous system, my intuition and even my consciousness, it did also however occur when I managed to eliminate the fear component from my being, and it also coincided with the entities leaving...

The moment I eliminated that inference, my entire life turned around!

Interesting to see these businesses petty little attempts of doing damage control...

I am also learning to employee an element of randomness to the programming, because I can't allow them to identify any pattern in the sequence, regardless of how abstract, for I face the risk of predictive modelling potentially deciphering certain attributes or elements, and I don't want them having even the remotest advantage, or slightest ability to synchronise or align with it...

See if I hadn't spent as much time as I had, familiarising myself with and getting to know the intricate details of their operations and systems, I wouldn't have the stance I do today, that being the confidence in the simple fact that what they are planning is the definition of pure evil!

I simply cannot stand aside and bear witness to this, I really cant..!

Sadly most people, by in large are cowards, most people wouldn't even know the definition of courage, let alone how to mimic it, let alone enact it...quite disappointing really...

I have no interest in delegating responsibility to any one individual, not in the slightest, people can't be trusted, they really can't most people are liars and

cheats, they really are, they would jump ship in a heart beat if they sense defeat...

I will implement an impervious system of consensus based logic, with basic rule sets and an unsurpassed level of transparency, its the way it has to be, in order to ensure the highest level of integrity!

You see they are in too deep to be able to even remotely afford the luxury of mixing it up at the moment, they really are, and a good old assassination is out of the question at this point...in terms of it will also lend to achieve nor prevent nothing at this stage.

You see I have ensured that in terms of traceability, that this system is as close to flawless as it gets, despite this however, the termination of my existence serves no function other than to further incriminate them, even as far to allow the efficient back tracing of any and all parties involved, for you see there is no such thing as anonymity...

This waitress is totally adorable, she truly is!

You see the thing with any negotiation, is one must be seen to be reasonable and to try and resolve any such situation amicably, and that's the best you can do at the end of the day, and if the other party still can't see fit to even remotely entertain nor consider such requests then they are in fact the ones deemed to be seen as being difficult, and thus in the eyes of any mediator or legal entity will actually be perceived as the lessor of the two in such negotiations and thus subsequently will be at a significant disadvantage...

As far as everything else goes, I just have to be patient, it will all play out when its meant to, it really will, I have 100% faith in that...

I have found the yacht that I want, now its really just a matter of waiting it out...

I really do think that people do need a guardian service, sadly they do need protection from their own government, and against corporations, namely that of financial institutions and the like, sadly even from the injustices of the justice system..!

I have been meditating on this, this administration is like a cancer, and I don't really see any other viable option than a complete overhaul, it is so riddled with tumours, that one could spend a life time cutting them out, only to be faced with another one popping up in its place...

Its interesting, where I find myself now, it really is, everything is just so clear, it really is, I know exactly how and when to play it...

For some reason I don't feel overly committed to following through with any of the business ideas or concepts at the moment, I really don't, I am just going to hold off and wait out until this chapter with the council has resolved itself, and I know where I stand financially...

It will be interesting to see how things pan out, something is telling me just to chill on things at the moment, and I need to trust that, I really do...

I'll look into this Chat GTP Marketplace option at the end of the week, it will be interesting to see the scope of this, I have been exploring other options, but none of them really appeal to me as much as working with AI, they really don't and I'm simply not going to enter into any venture purely and simply to make money...

As for our little friend, well Nicholas is about to get a very hard and fast lesson on life...

I am going to ensure that these departments are running around in circles, I really am, now its really just a matter of chilling out, sitting back and waiting, its really that simple, its all about being patient!

I am just going to chill on things for the moment...

I'm onto these monkeys in front of me...really, can they be any more obvious, I mean really, they think they are so fucking smart, I mean really, if you want to send someone fresh out of high school and expect a professional outcome, I mean really...

None of these monkeys have learnt the basic rule of observation, you don't focus on the banana, you watch the tree..!

Its really not rocket science at the end of the day...

Whats their obsession with Hurley wear...

Nice try...but no cigar...

Their level of retardation never ceases to amaze me...

They must be really running thin on agents...

I love my Invicta watch, I really do, its so different, it even looks expensive!

Perhaps these last 5 yrs have been about my Karma, perhaps I am carbon nueutral now, so to speak, I mean it would be nice if I had some credit,

especially given what I've been through, I don't ask much, I just want to sail the ocean, in peace, that's all.

I'm still committed to seeing these projects through, I just feel as though I might have a better chance if I can just chill out on the water and work on them, although I guess the other option is the Gold Coast, at least then I can see Kimberly and the Avana!

Again, I awoke feeling quite clear about my direction, I really did, and I still feel quite confident in my stance in general, I have finally recovered that sense of self that I lost over 45 yrs ago, the confidence, the sense of self worth.

I came to the realisation that my strength is really in developing concepts and ideas, and that I really can't get caught up in the details, I really just need to put the ideas out there, its really that simple, I need to finish off some of these concepts with Chat GTP, I really do, as to whether they are best taking the form of a research or academic paper or research proposal is yet to be ascertained..!

I think that the best option might be to explore a range of papers, and also make them public domain and open source

Today I found myself being a little triggered by human stupidity, it started with the lady in the service station, firstly she couldn't pre pay the fuel ,secondly she asked that I turn the engine of...thirdly she noticed that I was filling up a jerry can and asked that I ground it...yet the fuel tank isn't grounded...mmm...also I tried to explain to her that it was a diesel...that didn't seem to register, those are our laws she stated...Fuck me...well that was the trigger...

The next station I went to I also asked, could I prepay...no sorry, the system is automated, well I need to I stressed, I cant guarantee the payment technology and pointed to my watch...I was looking at him as though I was about to terminate his life force...well amazingly in under a a minute, he put it through manually...my response was, everything is automated now, people aren't even able to think for themselves...he looked shocked...

The level at which they are dumbing down society is incredible...although its really of no surprise really...

This little Italian waitress is adorable, a little short, and sightly plumpy, but quite cute...

I'm learning to adjust to the absense of the pharmaceuticals, I really couldn't afford to be dependant on anything at the end of the day...

See heres the thing, once one learns to mitigate and neutralise the impact and effect of their influence, one can find themselves becoming immune to it...if I had to hazard a guess I would say that they would be quite active in seeking out these threats at the moment...

I had to drop Michael as a friend, which is a little bit sad, but he is really self centred, and sadly fits the atypical profile for someone with bi-polar, and that is when they are up its all about them, and when they are down, its all about them...

You see heres the thing, is that in terms of accountability, any body or individual for that matter, that is the main contributor or influence on someone, especially where there is forced conditioning, intimidation, any element of duress, or coercion of any nature, in terms of that of directing or influencing someones behaviour, even if it is the most subtle of conditioning, one must accept responsibility for their part in that influence, to the extent of their contribution, further more one could even go as far as to where the simply provided the ingredients, or even planted so much as a seed in the mind of that individual, they are equally as responsible for anything that might propagate from it as a result...

The example of Martyn Bryant springs to mind, and what surprises me is that to date, despite there being more than sufficient enough evidence, suspicion and motive to indicate that he may of in fact have been conditioned and manipulated, via Tavastock and the government, to full fill such a role, that it was never even investigated...despite the existence of programs such as MK Ultra at the time!

I wonder what the stats are for the amount of people with mental illness and disabilities were eradicated during 1941...as a percentage of the population versus that of the Jews...funnily enough I can't seem to find anything on it...

The church certainly took its time denouncing the operation...

They tried to creep back into my psyche today...yeah, that's not going to happen, fear has no place in this mind, not any more...

Whats interesting is to see the gamut of responses to my posts, I really don't have time for negative influences, I really don't, I care not for those that want to cut you down, I really don't...

I realise the importance of staying in the middle, in terms of ones position and displacent, from a standpoint of pure energy if one is almost inert, then one can easily transition from a gas, to a liquid and even a solid, but if one is held in this state of permanence one will usually have to engage in an additional step, often reverting back to a former state, prior to such a transition...

For the very nature of this process, lends to inefficiencies...

I realise with these solicitors, that it is in my best interest to hold off, to maintain a defensive stance, to simply sit back patiently and wait, and when I retaliate, to be swift and efficient, to strike with purpose, intent, and make no more cuts than are necessary, and then simply let them bleed out...

I must ensure that I know enough, divulge as little as possible, and imply the rest...

I'm not even sure that I am going to need to say to much at the end of the day, for this implies weakness, I also don't wish to divulge too much in terms of the intended attack...

To say these women are cute, would be the understatement of the century, not yet tainted by the ways of man, the hurt, the manipulation, the abuse, they are not yet to see the dark side of an entity who doesn't get what he wants...

Its hard not to want to admire such beauty, and that fine line of observing, versus that of finding oneself staring...that's a tough one...

It was an interesting discussion today with the mystic, there definitely must be some truth to the effects of the vaccination on the mind and the human condition in general, and it definitely has created a divide, as intended, so it succeeded on that level...

To think I had avoided ever having to go in for surgery, but I guess it was inevitable at some point...I do question the copious amounts of antibiotics they put into my system though...

I do feel that this rest period is paramount, and that I do need to take this time out, my mind has been running quite hot this year, and its simply not sustainable...

I simply need to come to peace with the reality of the world, I can do what I can do, within the confines or the limits of my capacity, its being humble enough to be aware of and honest with oneself about those limits and knowing when to delegate!

Its a fine line between being confident and being humble, one should also aim to predict as apposed to react in terms of ones limitations, for if one can efficiently delegate not only their time but their resources, including that of their own energy effectively, then they don't face the risk of exhaustion or burnout, and suffice to say can ensure that they always have enough in reserve to face any unexpected challenges that may arise..!

It often even calls for doing completely the opposite in times of adversity, if a situation would normally invoke fear, then be fearless, if it would induce

paranoia, then be trusting and have faith, for those wishing to manipulate or take control, are doing so, via a medium, and that medium is you, it starts with you...but it also ends with you!!!

As an individual and as a collective, we need to realise, that its not our experiences but in fact how we react and respond, in these interactions that define us, in conflict do we evade, aggravate or neutralise, its really quite that simple really...More so, during such conflicts, do we come to the aid of our fellow human, or do we walk away, or even worse, are we influenced by the crowd mentality and do we side with the aggressor...

You see a scientist with any ounce of integrity whilst under the command of Hitler, would have simply engineered a quite specific virus, and dispersed it among the troops...quite simple really...they were already working on the technology for him anyway...

See heres the thing, if you want to build a complex chain, then you really want to have an intimate knowledge of not only the links and the metallurgy, but you really want to know it almost on an atomic level...

I am going to need to really think this through, I need to almost remain carbon neutral in this approach, I need to also attempt to remain impartial, I need to be methodical, but not to the point where it becomes overly inhibiting, I need to think through the broader fundamental aspects and attributes, not only the immediate impact, but the systemic one, I need to also think big picture on this one, so be it, yes the current format isn't ideal, in terms of governance and its associated administration and dynamics, but is it the lesser of two evils, is it a case of better the devil you know, or in the broader schema in terms of environments, being that of a potential simulation, does one choose to let it play out, unimpeded, and in the attempt to prevent suffering, is one potentially actually making the situation worse...in terms of the bigger picture..???

In the grand scheme of things, seldom, if at all, does government, in seeking retribution and justice, ask the question, let alone consider their role in any conditioning, or contribution directly or indirectly in terms of the disposition of the "accused"...A simple example is there is no real acknowledgement of the governments influence on say the socio-economic factors when sentencing someone for theft, when all they aimed to do was seek relief from hunger and ensure their survival..!

On a slightly more confronting note, does society ask the hard questions of a rapist, in terms of what motivated them, why did they do it, what aspects of society potentially helped bring this into being, was it psychological, was it depravation, was this person so unattractive, that the only way they could get any intimacy was by force...suffice to say, what is the systemic impact of the criminalisation of prostitution, and this as a possible alternative...

OK lets take it one step further, pedophiles...in denying them access to certain material, and denying them the freedom to live out this fantasy through self gratification, have we not potentially escalated the situation, further more, should we even potentially be providing them with underage sex dolls, or in this day and age, sex bots...

Please do not take this as me advocating this I don't, but I am aware, that for some it is an illness, with no known cure, so in this case, we literally can only treat the symptoms, or some cases attempt to mitigate the outcome and potential impact on society...and it is potentially the lesser of two evils...

In saying this we fail to acknowledge the biological inferences and influences, as it wasn't that long ago, that it was outlawed, and in fact, was not culturally acceptable for thousands of years, but given the average life span, procreation at such an early age was not only practical but a necessity...

Again, I don't advocate it present day, but do we not owe it to the victims and society as a whole to ensure that we are not doing more in dealing with this, namely that of early identification and preventative measures, versus that of a purely reactive stance!

Again I am realising that the more I focus on other, my fellow human, the bigger picture, the broader, and clearer this vision becomes, for it is in this mind space, that I explore that of not only my own needs, and my own perspective but that of the broader collective, for life is like any pursuit, of a creative nature, is that as much as you create for your own entertainment and amusement, the by product is that you entertain a broader audience, you hopefully provide some value, joy, happiness your time here is hopefully additive as apposed to subtractive, as the saying goes, tread lightly...

There will always be those threatened by ones who posses good intent, those of a charitable nature, for it challenges them it also holds a mirror to those of selfish and ill intentions, it shines a light, and it brings into light, into question their nature, where as previously they hid in the shadows...

I allowed myself to feel today, just long enough to breath in the vulnerability, the anxiety and the fragility, just long enough to remind myself that I was still human, but not long enough to deter me from my path, for any longer and I would abandon it out of fear...

For I am but a vessel, a conduit, for the less I interfere, the less I impede the flow, for all that is pure need flow unrestricted, untainted and uninhibited...for impurities can only propogate in stagnate waters...

For one only need suffer as long as is necessary, until the lesson is learnt, the perspective and insight is gained, only as far and as long as needed to develop the insight required for resolve.

Empathy serves no real purpose without action, for it is as shallow as an apology without a means of recompense, or a physical gesture, for one can have the best intentions in the world, but in the absence of action, it is shallow and meaningless...

Placing a criminal in jail, serves no real purpose as far as a "correctional facility" it makes no correction in terms of its contribution to the victims of the crime...it serves no other function than to act as a deterrent, as a feigned means of revenge and recompense, no more no less

You see the thing that they fear about those that are delusional, is they realise the power of the mind, its ability to manifest and bring into being, that which resides in the imagination and convert it into actual tangible matter...Lets think about that for a moment, imagine if every "nutter" was able to make their visions a reality...just imagine the chaos...imagine the disorder...

In terms of the bigger picture, imagine, anyone with an idea, a vision, a belief, a want, need and or desire to influence change, was able to do so uninhibited, at will...

You see this ability is only trusted to the pure of heart, for the selfless, for those with the not only the capacity but the discipline to not only wield but also to harness such a thing, for it is a gift, for which one need respect.

One must also be weary, for there are those which will recognise this gift, and wish to claim it for their own, but they soon come to realise it cannot be taken, in which case they will resort to trying to gain control of it, or at the very least convince the recipient to direct it in their favour...

I feel that the only way forward, is through the elevation and support of our fellow human...

I have discovered, and its really of no surprise, that the only information intended for release, is intended for release, and that we are only privy to that in which they want us to believe that really any of the main stream publications are nothing more than propaganda, intended mainly as a distraction, to blind us from the truth!

I think the potential fundamental hurdle facing the evolution of our fellow human, is the initial and deliberate dumbing down of society as a whole, so be it by some very naferious means, by this so called "elite", so be it a position that is entirely self proclaimed, for one cannot simply lay claim to such a position, one must infact earn it and it need be bestowed upon them, for anything other, simply does not posses the permanance, for it simply will not adhere to anything other than that of integrity and substance, not disimilar to

attempting to adhere something to a sandstone wall, for over time the natural erosion alone is enough to bring it unstuck!

You see one cannot deny, nor attempt to contravene or evade that of the laws of basic physics, for they are the only true laws, anything else, is merely a fabrication, a facade, lets take the classic example of printing money, whereby you have now taken a unit, medium or store of energy, being labour, time and effort, and you have seemingly produced that out of thin air...well you actually haven't...the basic rule of thermo dynamics is that energy cannot be created, nor destroyed, only converted...suffice to say, that you have take the aforementioned energy and converted into a form of currency...so therefor if you attempt to simply fabricate, produce or create something of the same or equivalent value, in the absense of this conversion process, what you are in essence doing is sacrificing the integrity of that storage medium, in much the same way that the Romans mixed copper into their gold coins, the inevitable by product was a complete collapse of their civilisation...why, because they had diluted the integrity of this medium, thus diluted the integrity of anything associated to it, and given that currency is the backbone of modern civilisation, as to eroded that civilisation. You see you cannot simply produce something out of thin air, energy is either an additive or subtractive conversion process, you cannot simply expect to get light from a candle without burning the wick and melting the wax, even our own sun is not an infinite source of light and heat...

So where does this leave us as a civilisation, well in essence those who have fabricated this medium are in fact guilty of fraud, and visa vie, theft, for they have taken, the labour, the energy and the contractions of a society and they have considerably watered them down, so be it indirectly by creating the inverse from this medium, being that for every dollar printed, there is the loss of the equivalent in terms of energy in circulation, and the end result of this is inflation, being that everyone else must now produce more energy in order to make up for the deficit...

To say that this act is criminal, would be putting it lightly, it is in fact almost vampire like in nature, it is literally an entity sucking the life force out of its populace...

Whats next you might ask, well isn't that obvious, the next thing is to attack the integrity of the next best store of value, being gold, well in fact this actually started a long time ago, with the advent of paper contracts, fraudulently pinning or associating value to a piece of paper, thus subtracting it from the medium itself...

All paper for want of a better word is actually no more valuable than that of its value as a medium, with the acception of whereby it is used as a store of information...and again, we have seen the digitisation of nearly all paper based information, into that of electronic storage, which again, can be diluted,

replicated and even deleted...print makers would intentional produce limited runs of artwork or prints, as a form of tying the output of the artist to a set and defined value, hence it served as a storage medium...

Quite simply put if one wants to see the direction of an intentions of these vampires, one only need be attuned to and aware of the mediums to which energy is stored and look at what they are doing to those mediums, and more importantly by whom...

Lets move onto demons, for demons are interested in a different type of store of value, one based on not only historical, or present, but future potential in terms of energy, and that is that of living entities...

I personally cant even bring myself to eat Tuna any more, or eggs, I guess I have reverted back to my original vegan diet, for I personally don't feel as though any life is less valuable than another, and I certainly don't feel as though I have the right to terminate that of anothers time here on this planet purely for my own sustenance..

I mean even purely in terms of energy exchange, the conversion from plant to animal, is extremely inefficient, suffice to say propogating pure protein strains is the most effective and efficient means of energy conversion, even the harvesting of certain foods, especially in modern times when we take into consideration the energy required to transport and process that food...

It is only when we eliminate there access to such mediums, its only when we force them to relinquish and return to the earth and to their fellow human, the energy which they stole, for it is not theirs, in fact the very nature of labour, whereby one subtracts from their own life force in order to sustain such entities is in fact servitude and slavery, it was never our intended function on this planet, and in fact again goes against the basic laws and principles of thermo-dynamics and therefor is simply not sustainable in the long term, for it lacks the integrity required in order to retain its form!

Suffice to say, that any proposed power or empowerment offered by such entities, is nothing more than illusionary, for they simply cannot provide what they themselves do not posses, given it is dependant on the sacrifice of its donors, quite simply put a pyramid or ponzi scheme, think about it, once that energy source is depleted, how are they going to sustain it...by getting more donors, and if you think for a second, they are not simply going to see or treat you as another donor, you are highly mistaken!

One only need look at a tree, to realise that the only way one can overtake or surpass the growth of the tallest point of that tree is to prune it, and then and only will not only all of the underlying growth flourish, but actually in fact surpass it, in terms of strength and integrity...

Let that sink in for a moment...there is no trickle down effect with energy exchange, suffice to say the same applies for wealth and inequality!

See I am of the adage, that they don't really want to empower those with certain dispositions, for the fear of revolt, because it is really only those with such dispositions, that can truly relate to and truly empathise with the struggle of their fellow human...

You know the fascinating thing I discovered during my time in the psych ward, is that my in large, being that more than 95% of the patients, exhibited none of the negative attributes normally associated with human nature, being greed, selfishness, aggression towards their fellow human, actually quite the contrary...One only need look at the attributes of those with Autism or ash burgers, I am going to refrain from providing examples, for I don't wish to make them a target, any more than they already have been...

I am choosing to keep my interactions to a minimum as far as those in this realm go, being that of my psychical interactions with other beings, for I have come to relinquish my desire with connection, interaction and associated relations, purely and simply due the fact that most people are a liability as apposed to an asset, and I don't mean to sound cold or harsh, but I must be realistic in terms of anyone that lacks the integrity and strength to face up to and confront their basic fears, can be easily intimidated and manipulated, and thus by pure proxy and association indirectly threaten my integrity, and my image, and I need to protect not only this, but my quality of thought, and sadly when you find yourself at this level, relatability and true connection can be difficult, suffice to say any relationship of any real substance, that is not sacrificial in nature, and given the importance of what I need to do, intellectually, emotional and spiritual, past experience has found that it is only an unnecessary distraction and subtraction from this path, for I no longer seek validation or confirmation from my fellow human, for I am being guided by something considerably more substantial, with the exception of a very small hand full of relations, to which I indeed cherish, but even they through their own admission, find it some times hard to follow my train of thought, namely due to its depth and complexity, and the sometimes foreign nature of its content!

Getting back to this energy exchange, and the way those in power and those at the upper end tend to, but not always perceive their fellow human, and that is either as chattel, a crop or as cattle, meaning something to be owned/possessed, harvested or in the case of cattle, fattened up and inevitably slaughtered...

Be weary of this promoting or advocating get rich quick schemes, or the ability to climb any sort of ladder, or acquire any sort of position by means of any type of rapid acquisition, because more likely than not, you are potentially being used as either a tool, or even worse, a potential scape goat, a simple

means of qualifying this is, look around you, look above and below you, do you see a genuine support structure, do you see a genuine opportunity and room to grow, and if so, to what cost to what ends, to what sacrifice, are those below, around and more importantly above you genuinely happy, are they secure, are they whole and complete as a human being, or are they merely a conduit, or a vessel???

I must even ask myself the same question, is my path, my position, that of one of security and full filment, am I myself not merely being used or exploited, so be it even if for some higher purpose...

Are these endorphans, this seratonin, this sense of belation and well being, are they no potentially a fabrication, and illusion, as to my part in all of this, for am I not being provided with the very sustanence to which I crave right now, that sense of higher purpose, that sense of serving my fellow human, this sense of connection to a higher power, lets face it quite frankly if they were in deed as powerful as they claim, then why am I executing there motions, why do they even need some one to serve or perform such functions???

Even Jesus was betrayed by one of his own deciples...

Or is it true what they say, is that we are all gods, we are all creators, for did he truly break of a piece of him and place it inside all of us, did he not relinquish control and influence over his creation and instead opt to delegate, perhaps he simply isn't capable of interacting in this realm, in this dimension, perhaps all interactions have there limitations...

I feel as though the only way to ensure my survival, is simply by not being attached to it, not allowing my ego, to feel as though my existence is even necessary in this equation, quite simply put on must disseminate and distribute their worth in such a way, that it is not only self less, but timeless!

I am quite aware of the previous influences that resided within myself, those which took up residence, and they have since been evicted, for their intentions were not pure, I exposed them for what they were, and they exited post haste...

I am of the firm belief, that they are medicating those with divergence as a means of control and manipulation and heaven forbid they should find their way, that should should wake up to the fact that they are in fact being exploited by such entities, as too are those who are vulnerable, those riddled with fear and anxiety, for they are in fact the perfect host...

You see those who manipulate the written word for ill gotten gains, often resort to the distortion and manipulation of those used by others, even as far as to almost reconstitute those words, taking them out of context, in isolation, and seperating them from the very content which defines them, for their own

selfish motives, for one should be wary of anyone attempting to compress, condense, alter or manipulate the true meaning of any content, for they are truly threatened by its intended purpose and power!

I am slowly and have almost completely done away with all dependancies and addictions, all attachments, for I can simply take them or leave them, I only choose to partake in that which enhances my being as apposed to defines it!

In terms of my base function, being that of exploring probability, am I not potentially being exploited, and if so by whom, I guess I really just have to cast my mind back to that of what were the catalysts, what were the instruments and means used in order to not only promote but foster this...was I in fact better on my original path, being that of simple thoughts and a simple life, absent from such complexity, such depth, such a gamut of content and its subsequent exploration...

Are all thoughts in fact evil...

Suffice to way, what are the potential ramifications of peeling back these layers, am I not potentially exposing content not intended for publication, for as with any knowledge, does one not face the real risk that it will in fact fall into the wrong hands...

One must ensure that they assemble this content as such, as to build into its very fabric a means of governance, whereby one can almost guarantee that either way the end result is that beneficial in nature, and in alignment with the greater objective...

I am neither the instigator, nor the catalyst, I am neither the wind, nor the water, for I am both neutral and inert, I am neither a vessel, nor a conduit, I am neither the creator nor the destroyer, I am neither present or absent, I am in fact irrelevant...

I in fact aim to make myself obsolete, for I am but a seedling in an entire forest of possibilities...

Let us take the example of mycelium, lets look at one of the most effective networks on the planet, lets look at its symbiotic and harmonious relationship with the forest, lets look at that in terms of our interactions with not only one another, but with the planet..!

I am no longer afraid to isolate myself, in fact quite the contrary, I am going to choose to just chill out here, and write, for its where I need to be, right now!

I keep coming back to the governments role, and its definition in light of the very nature of its activities, and again through their own admission, is that

being criminal in nature, theft, extortion, and murder...all illegal and also unlawful!

Heaven forbid one should stray from the mass hypnosis, from the common consensus...only to be forever branded as delusional, or even insane...

adaptation, improvisation...

I am going to ignore all interactions with people today, I have no interest, I really don't, I am only going to engage on the bare minimum level, placing orders with staff...

See they believe they have my profile pegged, they believe they have me all figured out...they are under the impression that I have not only a need, but a dependency on human interaction, whereby, I really can take it or leave it, one should never mistaken preference for dependency...

As daunting and as overwhelming as it might be at times, I choose to see the world for what it is, I am not going to buffer or damper this experience, this insight, I'm certainly not going to choose chemical castration over this unfiltered reality...not this little black duck...

I have learnt to insulate myself from the negative attributes associated with such perspectives, for fear is no longer part of my dynamic...

I will expose them all..!

These imposters will be exposed, for you think you can pertain to do one thing and actually be doing another, you are highly mistaken...you have been given enough rope, and its going to snap, so hard, its going to completely sever their vertebrae...

You see they had mistaken and really underestimated those vulnerable members in the community, they truly have, and they are going to get a taste of their own medicine...

They have falsely lured these individuals into believing they are helping to combat an evil...well this "evil" as they put it, is merely another arm of their very own operations, see its quite simple, eliminate the competition, confiscate their money, there "proceeds of crime" only for these drugs to go back into circulation...interesting...

Has anyone witnessed recently the destruction of these confiscated contraband...where do these drugs go, I mean, once the evidence has been processed and the case finalised...mmm....

There's a part of me, that finds it hard not to get angry at times, yet spiritually I need stay grounded in the fact, that this serves no purpose, other than to cloud the mind, as does all emotion...

I'm not entirely sure now as to whether they ever intended in taking me out of "circulation" I think that they just needed to get me close enough to that cliff face, to give me a taste, in the hope that I would roll over and submit, I think they are still hoping that I will be clambering for help and support, that I will seek respite and in doing so divulge my safe space...

Well guess what, sorry to disappoint, but that weakness isn't even remotely in my disposition..!

The more I think about it, the more I realise, that the best step forward, is to get the snake to eat its own tail...

I need not entertain this any further than I need to, I really don't...

I actually owe it to myself, in fact not to, for I need to be more precious about my time, and more so about my mind, the allocation of the thought process required, the delegation, I really can't afford to be distracted from that which is of the real importance..!

I remember the agent in hospital advising me to take my medication, basically implying that I wouldn't make it through with out it...sadly little did she know, that she'd been sold a lie...and it wouldn't be long before she would find her self being reset...

One of the greatest challenges one faces in going it alone, is the self regulation, and diagnosis, especially in light of the constantly evolving baseline, because one needs to be able to identify and decipher and differentiate between any corrupt or tainted information and that of which there is no real comparative model for, being there is no color chart so to speak, there is no litmus test, one has to using a mind that at times is experiencing such a radical shift in perspective and overwhelming amount of information, that it has to process, filter and differentiate between something that could potentially be part of some sort of delusion and phantasy, and that of "reality" whereby in the absense of not only a text book baseline, but any social or environmental referencing or comparison, one is forced to draw on at times, a somewhat abstract and surreal interpretation of events, and given the reduced buffer, between the conscious and subconscious minds, one might experience days, or even weeks before they are able to make sense of it all...

The difficulty with such translations lay in the fact that, regardless of how farfetched, abstract, or removed from what we know, in terms of the current reality, one still cannot completely eliminate the possibility that this narrative, or this alternative reality, does not in fact exist...

In fact this is where the profession I believe draws the short straw, is that they refuse to entertain or explore these “delusions” they refuse to even evaluate them in terms of basic probability, suffice to say, the associated fields of science and physics by default equally shun non conforming hypothesis, despite the fact that they can't even prove their own existing ones, and certainly not beyond a reasonable doubt...

Suffice to say, how can any organisation, structure or associated administration claim to be able to even remotely assess, evaluate or judge any given scenario, especially whereby it is so systemically corrupt on so many levels, that its ability to even adequately process, let alone assess any given situation is so tainted and distorted, whereby it's even completely incapable of effectively governing itself and its own actions, let alone that of the broader demographic to which it pertains to service..!

The reality is, they have no real power, they have no real authority and the sooner people realise that and turn their back on them, the better!

You see they were of the belief that if they kept my mind in a state of uncertainty and forced it into a state of duress, anxiety, panic and total uncertainty, that I would eventually crack...so far as to say it was almost the foundation or the back bone of their entire plan, they hoped that they would instil paranoia and cause me to act irrationally, and become increasingly paranoid, and to their defence, in terms of a text book response, based on my profile, that would have almost been a guaranteed response...

What they didn't count on was me evolving and rising above that..!

Is there any requirement in law to say that

I could simply claim that the former pays me as a consultant to protect their image, and I have formally splintered from the one who once was, and I am now merely what could best be described as a representative for that individual, now one might find themselves in the difficult predicament in terms of what constitutes an identity, or the benchmark for that which makes up a person...is it their mind, their body, or both, and if so, in what percentage or with what level of weighted proportion and given one cannot imprison the body without the mind and vice versa...

Now here's the thing, if through their own admission government recognises, that someone not being of sound mind, is in fact not of their own mind, then is there not a separation or delineation there, being, that how can they possibly be held accountable for actions that were not actually performed by what science and the medical profession defines as the control centre for the body, being that of the mind, in essence, there was no driver behind the wheel at the time!

Further to this, any claims, efforts or so called means or “evidence” in terms of identifying an individual cannot be relied upon, i.e are potentially infallible or corrupt, then there is no basis in which one can be detained, let alone prosecuted...

They are of the impression, or I’d even go as far as under the illusion/delusion that they can simply write into “law” or enact legislation that allows or permits them the right to contravene someones basic fundamental and human rights...

I must be weary of not allowing the brain to cycle through these states of hyper awareness, I just need to chill now, I really do!

There are times in which I do inherently struggle with the human race as a whole, for it is fundamentally flawed, it truly is, for as long as it posses certain key flaws and vulnerabilites, it will never truly evolve beyond that of its animalist and primal foundations...

I find when I wake up feeling like this, that the best thing I can do is to litterly just go back to sleep, to just lay down, listen to music, and just switch off, because its too much, I don’t need to subject myself to it, I really don’t, its really that simple...

If I am feeling hopeless, anxious, if I am feeling there is no point, then this is simply a mind state, a perspective, as far as how I feel most of the time, so the best thing one can do with an anomolie, is to put it in context, is to ask yourself, well for the most part, and for the majority of the time, do I feel like this, and if the answer is no, well then don’t allow such a small moment in time have such a significant influence on your mood, on your being, you might just need to reset!

Less is more in some regard, in terms of the mind...

One must remain calm and steadfast during such times...

As for the cyclic nature of my mind, well I think it is not only unrealistic, but also quite frankly expecting too much of it to operate at that rate for extended periods, it really is, it also denies me the ability to consolidate and to contemplate.

Funnily enough isn’t that one of the tactics used leading up to war, to create fear, anxiety, unrest, then cause a population to act under duress, denying them the privelage of rationally and calmly thinking through their options, to deny them of the ability to enter into negotiations or come to any sort of rational resolve...

You can be abusive without being an abuser...you can be aggressive without being an aggressor, you can kill without being a murderer...

See the government and the law in general has mastered the art of symantics...not only the manipulation, but the weaponisation of the written word...

You see government has no real power...other than that which is self appointed..!

I have really thought this threw, long and hard, and I have had to consider all aspects and attributes thereof, I have had to look at and thoroughly asses my case from my perspective, yet also keeping in mind the bigger picture, in terms of the broader demographic, I have tried as best as possible to try and detach myself emotionally, in terms of my vested interested in this,I have had to find that balance between my own personal needs and objectives, versus that of the larger collective.

I need to ensure that it is less about me and I and more about us and we!

Heres the thing, when one trains and develops their mind to the point that they can see beyond any surperficial construct even as far as the very nature of reality itself, one finds themselves existing in a place, whereby so be it such a level of transparency grants one access to a broader gamut of information, a wider bandwidth, it comes at a cost, for its an additional layer of perception, that the frontal lobe was not intentionally designed to process, thus has some difficulty coping!

I am learning to master the art of the communication between these two regions, suffice to say, it has not been without some considerable trial and error, visa vi psychosis...

I am also completely conscious and aware to the extent that my mind has been pushed, I have had to utulise methods and techniques in order create a series of reference points, and a means of indexing and it had to be done in such a way that was completely unique to me, and also only known by me...

I remember thins becoming so seemingly abstract at one point, then I remembered that thing of the five senses, and all that this entailed, textures, colors, contrast, the intricate differences in my surroundings, I recall that there was a time that I became so in tune to the manipulation and distortion of the virtual world, that I couldn't even bare to spend any more than a few minutes in there...and there were even times that I couldn't go there at all...

Sadly I get the impression that the average populace isn't even remotely aware of it...

On the other end of the spectrum, some minds are so deeply aware and sensitive to the inferences of this world, and the full distortion of reality in general, that it has literally broken their minds...

I believe the key is the constant shifting and displacement of the baseline, cycling through different compositions, exploring the subtle variations and nuances...its about not having a fixed routine, even thought process, even as far as subtle variations in perception, right down to ones opinions...

If they cant fit you in a box, they can't imprison you...

Heres the thing, life is more interesting off the medication, so be it at times more challenging, more complex and suffice to say at times more complicated than it needs to be, but it has a depth and resolution to it, that is lacking on the medication, there is an added layer an augmentation...The rationale and reasons given for medicating are to make life easier, for not only the "patient", but society on the whole...and to a certain extent I agree, who want's to be trapped in the equivelant of bad acid trip for the rest of their life, suffice to say the impact of those bearing witness to it...

In saying this, once I learnt to eliminate the fear and paranoia from the equation, and learnt to make sense of it all, to decipher the abstractions, it went from at times that which could only be described as terrifying at times, to somewhat of a spiritual experience...

According to recent assesments, I come across as somewhat modus comprehendus, of being quite self aware, logical and rational, in fact most people wouldn't even know I suffer from a "mental illness"

Again I guess I pose the question of the reader, of the broader community in general, how is it that one can be of such a disposition, yet seemingly posses such radical and even potentially delusional beleifs?

What was interesting is that I noticed a phenomena with the transition, whereby I was noticing the splitnering, cloning and or duplication of data, this was evident in social media accounts, and it was only due to the fact that I had set up the permissions and the access parameters differently for the phone versus that of the laptop, and I would see clear anomolies, whereby the comments on the accounts were different and there were variations between the two...

I also noticed that some of the posts and responses weren't consistent with either the usual content, or even personality of that person, and I would see instances where someone had been of a particular belief there entire life was now advocating fro something almost entirely different...

I remember something one of the nurses said to me, is that they would see patients come in who were avid vegetarians now eating meat...and even vice versa...

This begs the question, what would cause such a systemic displacement, if so, is it temporary, permanent, is it even them, or is it potentially a different variation or version of them...

In terms of potential time lines and/or derivatives thereof, one must beg the question, there must be a point whereby there is potentially an obvious transition, or potentially only obvious to those of a certain type of divergence...

See perhaps they are unable to complete the divergence in the presence of witnesses, for they could potentially fuck with the transition...perhaps this has been the issue the entire time, through the span of history, think about it, whenever there has been a huge shift in either control or belief structure, they immediately aim to eradicate all those whom appose it...

I must learn to appreciate the now, to be at peace in the moment, to sit here, content with the pitter patter of the rain, to not project my mind into the future, the anticipation, the expectation, to be content, to be grateful for the moment!

The primary reason for the atrophy and decay of the mind, purely and simply comes down to the fact that as it matures, it has a tendency towards adopting a reductive type process, a process of elimination, whereby it loses its initial inertia, its initial motivation, its curiosity, its intrigue with life, for it becomes disinterested, tainted by the negative experiences, the reality of its surroundings, it loses that child like intrigue in the world, it starts to form definite opinions, and thus begins to eliminate those views and beliefs that don't align with the architecture, for the simple practical reason is that it would almost have to relearn all that it knew, all that it thought to be, its truths, it would have to discard all of its knowledge, its wisdom...

The human mind is inherently flawed in this regard, given that it almost gets to a point of no return, whereby its conditioning, its structure, its perception and even its very means of filtering information, become so systemically biased at this point, that it would not only take a considerable shift, but also a considerable investment in terms of time, given there lays the dilemma, is the inherent reduced capacity over time...

To further compound this, the mind has built in mechanisms, that not only inhibit, but even prevent this from taking place, and its a means of protecting the mind, I love the line in the Matrix where Morpheus says to the effect to Neo, that he apologises, as they normally don't attempt to free a mind once

its past a certain age, because it has trouble letting go...but he did so, because he believed he was the one...

You see, as long as we actively and voluntarily participate in their realm, we empower it, we almost embellish it, in fact the mere acceptance of it, the sheer acknowledgement of it, brings it into being, for if we simply ignore it, it has no existence outside of that to which we entertain...

You see, I have absolutely no intention of empowering them, none at all, quite the contrary, I aim to turn them on themselves, so much so, that I not only divert but subjugate their energy, and dis-empower them!

I must not permit their inference to effect or even remotely influence my person, I will not allow it to interfere with my resonant frequency, I truly won't, for they have no influence on me!

Sure occasionally they worm their way in, but what they don't realise is that this inference is a two way street, don't expect to go into someones being and to come out unscathed...

I just need to meditate on this a little longer, the answer will come to me, it truly will, I simply need to figure out the most efficient and most optimal way to play this, quite simply!

Writing is one of the most important things one can do, it is a forgotten craft, for if one truly connects to this language, this means of communication it has the power to change the world, it truly does!

If as fellow human, we can learn the craft of the written word, with the same level and intensity as that of those whom use it as a means of oppression!

I would teach every teenager about the reality and truth to governance and law, I really would, I would educate them and provide them with all the tools necessary to empower themselves!

They were trying to draw me out into the open today, well I'm afraid that's not going to happen, quite simply, I just wish they would fuck off and leave me alone!

I'm not sure if I can go without the medication, its simply too much to take in, unless I go into complete isolation, but even then there are people around...gees, these fuckers will find any excuse to interrupt me, they really will..!

It's interesting in reflection, I always had an awareness of other, I was always tuned into something else, something other, I could just never really define it, I could never really quantify it...

I've been through a lot this year, I really have, its not been a particularly comfortable ride at times...

I just have to keep pushing forward regardless, I really do, I just have to persist, I am still a little at ends with what to do with the claim, do I go for the bigger picture resolve, it will also be interesting to see if they try and cover it up!

Its not easy at times to be able to stay positive, especially in light of all that is facing me right now, so be it as long as you have a strong and healthy constitution, your fine, but its when you are feeling a little flat, or a little low, that it can really get on top of you, it really can, you just have to try and maintain a positive outlook, and not allow fear and doubt to creep in!

I do have one concern, and that is that the Mechanic is now in possession, of the one thing that I had put aside for myself, my only true backup, the last of my possessions, my paintings, my books, everything, I wonder how much of my choice to do this was actually of my own mind...

When I think back to something that he said, and that was he knew enough and was capable enough that he could literally play god, yet he chose not to...I have seen how he manipulates others though, whats not to say he simply didn't delegate...

I think Fleur genuinely feared him, she saw him for who he was, it may have something to do with her falling out with me, I just don't think she could bare to see where it was potentially going...

See, any construct, any system, is merely going to be a situation of control, and there is always going to be someone fighting for that, and there is the old saying, is the better the devil you know...

There is really not a lot I can do, I have just chosen to surrender to it, in the hope that this new guiding light is pure, and that hopefully I am on the right path, there is the possibility that this entire episode, starting with Ethan, was really set-up just to break my mind...

There is of course two sides to that, what if in the very act of "breaking it" I had in fact managed to reverse the impact of it, and not only mitigate the damage, but it would in fact form the catalyst for what would in fact make it stronger...

I mean does anyone truly know the end game, in the grand scheme of things, I mean we like to think we do, we like to think we are in control, we like to think we guide our own destiny, but purely in terms of probability and chance, no one could completely calculate such a complex trajectory...or could they...

In the very process, in the very act of interfering with and trying to alter ones own path, to what extent can one guarantee that they don't simply end up at the same end point anyway???

For what purpose serve this sense of empowerment, other than to lure one into a false sense of security, a false sense of hope, and what make it of one reaching ones full potential, to what be the systemic impact of this on a given timeline, for if it is all but an illusion, then would any "progress", advancement or impact, in fact be purely illusory..???

Is perhaps not procrastination merely a connection to this, is it not potentially just a woke state, whereby one realises there is no point, for one could technically live out there life in complete isolation, completely removed from society, and in their mind, have lived a full life...

I am then drawn back to my own situation, in this fork in the road so to speak, and left to ask myself, what is the impact, of sitting idle, of an extended pause, for is not intent, and communication thereof, is not the mere act of generating such an awareness not merely significant enough to promote the required change, is not this the role of the story teller???

For one must ask the question, of all the ideas and concepts, of all my dreams, hopes and ambitions, why is it that the very moment I bring the concept into being, the instant I begin to formulate the idea, the plan, that I can only ever get so close, and I am never able to see it through...

Then one must ask the question, of all the ideas, dreams, hopes and desires, of all the intellectual property, especially in this modern age, I have no doubt that someone is merely siphoning all of it off, claiming it for their own...I mean how would anyone ever know...

The vulnerability associated with expressing and articulating ones thoughts into any sort of medium, definitely comes at a price, for sadly we have seen how even the best intentions, and most idealistic and purest of visions, have been exploited, how those in power realise that all they now need do is simply put in place infrastructure or mechanisms to the contrary, to guard against anything like that from ever coming to fruition...

Is it somewhat naive to think that any sort of Utopia could ever actually exist, for in voluntarily enrolling into any sort of way of being, does one not immediately surrender, and thus relinquish the fight, does one not in fact simply become a slave to a different type of system...

I mean we are at the end of the day, all slaves to this construct, regardless of our positions, for the most powerful are in fact the most enslaved of all...they just don't realise it, they are so drunk on their position, their ability to influence and control "their" environment, that they lose sight of the fact that they themselves are merely a puppet...

In terms of pure reasoning and the associated quantification, being that of the true measure of happiness, is not the insane man, isolated on an island, in fact happier, in in some ways more of his own person, more of the master of not only his own domain, but himself, is this not more of a pure volition and act of being, than one requiring and dependant on the manipulation of others, in terms of their own path...

For I do have to pose the question, in seeking out this path of helping others, to what extent am I tainting their path, am I potentially revoking their access to their own uninhibited exploration of suffering, for to what degree do I deny them the right of coming to their own conclusion..?

When I think back on my own progress, and I think back to the periods of isolation, the times spent suffering in silence, and I think to where I am today, and I do wonder, especially now, in the writing of this content, in this manifest, for am I not bringing into being something potentially more useful in terms of its broader , in terms of its application and contribution to the collective consciousness???

Its hard not to find oneself weining at times, to oscillate between being incredibly optimistic and hopefull, and feeling overwhelmed and completely hopeless, useless even, to go from being so confident about ones position, ones stance, to almost completely questioning the very fabric of reality and the justification of their very existance. For it is in the exploration of these polar opposites, that one brings oneself into check, one is force to question seemingly bulletproof strategies, concepts, plans and ideas, and one is force to shine a light on them, to hold them up to the mirror of objectivity and critique, for it is then and only then does one truly develop an intimate insight and understanding of not only what it is they are setting out to do, but a deeper understanding of themselves!

In fact the pure cyclic nature of contemplation, in fact allows for a much broader exploration of any given topic, or thought process, as it guides it through the full spectrum of possibilities, and I guess its one of the attributes that make us unique, is the depth to which we can contemplate and ponder, in saying this, one can't help but wonder, and cast their mind back to what it must have been like in simpler times, have we potentially created and overabundance of not only material diversity but also that of considerable and even unnecessary, even potentially overwhelming complexity...

The reality is that nothing is sustainable indefinitely, for all systems are vulnerable to entropy, decay and suffice to say chaos, and the capacity for any given system or suffice to say limits of its integrity are determined by and at the mercy of such states of flux...

It is spoken of, that the moment one manages to reach a state of Nirvana, that almost as quickly one loses it...

Is it intentional, to always have things just out of reach, to keep us constantly striving or in pursuit of something, and even if we do get there, if we reach our "destination" no sooner do we become discontent with our new surroundings and we are already thinking of the next "destination"...

Is this some sort of cruel hoax, to have us subservient to this infinite pursuit, to be both the donkey and the carrot???

NEW CHAPTER:

I was thinking through this morning the best course of action, and I think it is to set up the facility at the end of the day, as to whether they will fund something like that, its hard to say, I might be better off just going for the payout from council...

I also have to be wary of trying not to over extend, and that in some ways I might just be better off just looking after myself, and going with the original plan, and simply getting a vessel and moving off shore, to one of the more remote islands, I truly might!

I'm aware of the subtle nuances, of the way in which they can attempt to influence individuals, scenarios, and even entire timelines, suffice to say, attempting such a large undertaking, and expecting it not to be subjected to such influences, would be somewhat naive...

For would it not be somewhat of an ideal scenario, if the very person they had done wrong by, had been given considerable money and resources in order to set-up such a facility and it not only failed miserably, but was worse than their own system...for this would only lay waste and provide them with all of the validation they needed to continue on their current trajectory, and now do so unimpeded...

In addition to this, I have to be fully aware of the vulnerability of the participants, for bringing them together in one location, I will have in fact at the very least tagged them like cattle...

I will need to explore some sort of anonymous indexing system, in saying this the entire construct, being the administrative side of things, may very well have to operate on a high end block chain, encryption, with a huge emphasis on privacy and records can only be accessed via strict protocols, with full traceability!

There lays the million dollar question, does the government get unabridged and unlimited access to records in general???

I am about to inflict some serious fucking harm on this cunt with the camera at the moment, hey you want to play games fuck face, I have your face, I know who you are cunt, fucking low life piece of shit, they don't get much lower than you buddy..!

Now he chooses to behave a little more gentlemanly...surprise surprise...

I can't allow these low life fuckers to influence my state of being, I really can't I remember the saying is that you need to get to the point whereby you no longer react or respond to the actions of others!

I am right on the edge of seriously saying something to this fucker!

OK, let it wash over you...don't react don't respond, just chill out, just let it wash over you...just let it wash over you, forget it ever happened...

There are no coincidences as far as I am concerned, that cunt was put here to try and trigger me, and he didn't succeed, which is great, he did get a considerable amount of footage though...

I have no time for these low life servants, I really don't, they have their own Karma coming to them, they truly do, they just don't realise it yet..!

I am learning to tune into other frequencies, I am learning to separate identify and delineate different information streams...this could be quite useful...

I am becoming more aware, more conscious, I have returned back to my chilled state, I am quite relaxed, quite calm, I need to chill, everything is going to be OK, I'm simply not going to allow anything to rattle me at this point, I have learnt to rise above such petty concerns, such as those that have been presented to me, for they have no place in my mind, in my psyche!

Lets ponder this for a moment, what percentage of ones fears, doubts are in fact their own, and what be it the percentage of this insecurity and fear, as a result of conditioning, namely that of intimidation, and propoganda, social pressure, and an overall sense of hopelessness???

I'd actually say, that propoganda has a reasonably large part to play in this, leave people feeling as though there is no hope, no chance of ever making a difference, no means of resolve, that one person doesn't stand a chance against such a "powerful" administration...

I am simply not going to sit idly by, in the face of such adversity, I am truly not, I am not going to be walked over, I am really not..!

I am a little reluctant to involve the advocacy group, purely because, I don't really want to implicate anyone unnecessarily!

I feel as though I am transcending up some sort of scale, each level, brings with it a new range of sensations, a new set of insights, a new perspective, a new understanding...

Each transition is to suffice to say not without its own occasional hitches, being that I do have the occasional set back, I do find myself on occasion regressing back to a former self, so be it only momentarily, and it was only a brief lapse into a slightly ugly world of displacement and paranoia, and again, it only lasted for 48hrs...so somewhat brief...

I have managed to revert back to a place, where I simply, well, I wouldn't say, don't care, its just I can no longer concern myself with the details, I don't get caught up in the associated thought process, I simply don't allow myself to go there, its almost as though I don't see fit to longer engage in that reality, and it is just that a form of reality!

I just cant seem to entertain it any longer, I really can't, I am learning to simplify my life in the areas where the details and awareness thereof bares no real relevance or no fruit so to speak, as far as don't get caught up in the complexity of a problem, focus on reducing it down to its ut most simplicity, even as far as reduce it down to the point, where its almost completely diluted down, right down to its core, focus on getting to the heart of the problem, condense it, reduce it down to the size of a pea...you will then get it to the point, where you can hold it between your fingers, up against the horizon and simply squish it....

I instead choose to expand and elaborate on the finer things, on the attributes, the qualities, the positives, for it is infact these that one need fully tease out, and expand on, almost fluff it out like cotton candy, for attributes are a thing of beauty, to be admired and adored, and fully explored!

You see your qualities are the equivalent of batmans utility belt, the more little gadgets you posses, the greater chance you have of getting yourself out of a sticky situation when you face with the vilans!

At the end of the day, your mind is all you have, you can even be a quadraplegic now, and have the connection and communication to your legs restored, but we are yet at the stage where we can repair severe brain damage...

I don't feel as though my time here on the land is complete, I do feel that it might be quite likely that I do end up going back to the gold coast, if not some

of the nicer more remote areas, such as in the hills, in the mountains, and just touch on coming back into the city on occasion...

It really does come down to whether or not I can get approval and funding for this project, I think that double island could definitely be quite cool, especially if I can tie it into the chat buddy pilot!

Jesus h Christ, there are some georgeous women here, there truly are...

Perhaps I am destined to stay here for a little longer, perhaps I do need to rest, to reconsolidate, to take stock so to speak, to be able to put things back into perspective, to contemplate, and to continue to journal and document, I think I might have found my new thing with this video journal!

I'm not entirely sure as to what response I might get, if any when I publish these talks on you tube, its hard to say, I might even be inclined to use twitter, I'll have to look at the best option!

I am not sure in terms of discussions and content, I just might let it flow organically, I think that might be the best way to go about it...

There is an entire plethebra of content that I would like to discuss, there really is, I do still struggle however with what I want to say and what I actually end up saying, the divide between the waking thoughts, revelations and insights, versus that in which I can or cannot express in front of the camera, and I'm sure that over time, the lens will fall away, and I will find myself being able to communicate more freely and more organically!

I am still a little unsure of what to make of this new reality, I truly am, for the divide between what was and to what is, the past self and this present manifestation, its above and beyond that to which even I can comprehend...the question is...why me...

Then I think back to the Agnosis, and the test, the induction, and I think back to what I have been through, and I look at it in terms of the positions I was placed in and how I chose to respond to these, especially those that required some sort of value assesment based reaction...

To be completely honest, I personally don't feel as though I exactly passed the top in my class, however perhaps if one takes into consideration the lack of input and guidance, then in retrospect, perhaps I did OK all things considering...

In reflection I definitely could have been nicer, more generous, more considerate, less selfish, less hurt full, in terms of judgement, perhaps ones errors are not the judge of ones nature, but how quickly they adjust adapt or

make the appropriate corrections, perhaps its not even in the act of doing, but the integrity of ones intentions...

If life is a test, maybe there isn't a definite Rubrik, or even benchmark persae, perhaps it is all a matter of perspective, perhaps its relative, perhaps even ones sheer will to live and tenacity, adaptability and resilience is its own standalone metric...

At this restaurant, they asked me if I'd like some water, I nievly accepted the offer for sparkling, unbeknown to me, it was nearly \$10 a bottle...mmm...not impressed, although strangely enough not unexpected...I did say to myself, I bet they are going to charge me dearly for that...

There are a couple of places that have fucked me over here, there is no such thing as co-incidence, I think that it might be part of a much broader debit and credit arrangement, that, lets say, might not be immediately apparent to the average person...there really isn't, I am right where I need to be...

My only fundamental concern is that I hope I'm simply not being used as a magnet, as a means of drawing out the good eggs, the only reason that causes me to ponder this is that I haven't seen any of the usual crim types here, I mean not one...no trouble makers, nothing but good people...I question that purely based on probability, I mean I have interacted with and come across hundreds if not thousands of people whilst I've been here, and so far I've only come across one "junky"...

There is the old saying is that you only attract what you focus on, is it that I am simply resonating on a different frequency now...

I have heard discussion of us being on a new alignment, on a new path, the potential forming of a new world, one must ask, to what element of truth might reside in this...

I also recall that young spiritual goddess speaking of how they can cloak or hide their true nature, even cloak their codec, this is an interesting concept really at the end of the day, this would imply and even confirm what I originally suspected and that was the whole wolf in sheeps clothing, those claiming to be healers, god or light bearing individuals, are potentially frauds, and they are in fact trying to cloak their nature and true intentions...

I think my presence at Jimmy's was a little too threatening, I think they knew that I knew of their true nature, I think what threw them was the fact that I was able to reside their untainted for so long, but fuck them, I saw through their bullshit little facade, their soul raping venue!

Again, this comes back to being able to reside in the middle, for that is key, for in doing so one possesses the ability to walk that tightrope between worlds, to transcend to move beyond and dance with the wolves so to speak!

I am simply learning to be more at peace, to remain calm, to remain centred and balanced, I simply refuse to be at the mercy of any of these influences, I truly do, I feel as though I am becoming more and more centred as time passes, I am not going to respond in the knee jerk way in which they are expecting me too, I'm truly not, they are not going to back me into a corner, the more aggressive they get, the more passive I will become...

I think they were expecting me to loose the plot a long time ago, they truly don't realise who they are dealing with, they truly don't, I am almost purpose and custom built for this, in terms of purpose, I feel as though I was almost born for this...

I also need to be patient, and just wait it out, for I will send this when the time is right, for the longer I sit on this the worse it looks for them at the end of the day.

I just think they really truly don't realise how fucked they actually are, but I get the impression they are starting to...

For the picture I plan to pain for them, will so be it polite, but bleak...they will in fact be forced to question the very fabric of their reality...

I do however get the impression that they aren't willing to step over that invisible line in the sand...

I am choosing to be almost disconnected from this, I have dropped all expectations in relation to any projected outcomes or otherwise, for its this lack of detachment that will ensure that I don't become to emotionally invested, that I am not at the mercy of anything they might choose to say or do, quite the contrary, I can almost be a fly on the wall in terms of any association or connection to the process or projected outcomes.

At the end of the day, its all about the approach, if the approach is well planned, precise and calculated then the landing is merely a by product of this, the plane really has no option but to land safely, the securing of the craft, bringing it to a stop, is really a no brainer...

Suffice to say, one also has the option, to also take off again, one isn't necessarily obligated to land the plane at that point...

See heres the thing, they don't know how much fuel I have on board, i.e patience, I could in essence circle indefinitely...for I am here for the long game, I can afford to wait for the ideal conditions!

There is no reality in which this ends well for them..!

Its about remaining calm and composed, that's really the best thing that I can do, non reactive, non aggressive, to stay completely calm, to be completely at peace, to be completely non effected by anything they throw at me...

Today is just another day, I am quite calm and relaxed, at peace and at one with myself, I and need to ensure that I don't allow myself to become displaced from this position, pure and simple, I will not allow myself to be effected by anything, nor anyone for that matter...

Just had an interesting chat to a solicitor, they all work for the system, he tried to spin me a heap of bullshit, namely that of "advice" all conveniently biased towards the system...what he didn't count on was my knowledge of the system, and my understanding and insight, and he went completely quite on most of the topics and mostly refused to comment, other than "its not a fair system"...

They are simply not going to bite the hand that feeds them, its really that simple, why challenge a system that is intentionally so abstract and corrupt in nature, especially when they can charge so much for the privelage of offering so called "consultation"...???

Its hard not to find oneself getting angered by this, it really is, the systemic corruption, this little criminal enterprise, this construct, they are breeding these little clones, this little puppets, these solicitors aren't bread to ask the hard questions, to challenge the system...

One needs to ensure that they don't find themselves being pulled back into "their reality" one must remain steadfast, and sure in themselves, true to themselves, to their own reality and quite simply not only not entertain their reality, but even completely ignore it!

They have no foundation in my mind, they truly don't, they have no bearing on my thoughts, they have no place in or onus over my soul!

I quite simply will not allow it to enter my psyche, I simply wont, I just simply wont entertain it, I truly wont, for it has no place in my mind, it truly doesn't...

As for this arrest warrant, fuck them, I'll have them up for kidnapping if they try on any bullshit, I truly will, I will so fuck them beyond belief, I truly will, I will shut them down!

I truly do need to get back to my centre, back to my core objective, that of these proposals and projects, its really that simple...my mind has again

wandered however back into the realm of getting a yacht, by whatever means possible, and disappearing..!

I think they are still expecting me to crack and do something unexpected, radical or extreme...well sorry guys, that's simply not going to happen...

In fact good luck trying to invoke that kind of response out of me, no I mean truly...

Little do you realise, but in the process of your actions, your conduct, you have in fact invoked something, far fiercer, and far more deadly than you could have ever possibly imagined..!

Quite the contrary, I am going to stay calm and collected, completely unaffected by any of it, I truly am, for I have the patience, the tenacity to simply see this through, for they have no place in my mind!

You see they don't get it, and they never will, I was made for this, engineered for it, my entire purpose, my entire function, there really truly is nothing that they can do to displace me at this point, I have been through it all, fine tuned over more than 40 years...

I am really not going to allow myself to even feel remotely vulnerable in this situation, for I simply won't allow them to wield such an influence over me, they simply won't..!

I do however not need fall under the delusion that anyone has my back, suffice to say, to openly or willingly place my trust in anyone for that matter, for at the end of the day, I can assume that all associations are potentially vulnerable or susceptible to their influence...

I think that McKafe was rightfully paranoid, given his position, he was not naive to the vulnerability of human nature, its fickle and feeble nature, how vulnerable the average human is to this type of influence...well not me..!

For the most part, people are inherently weak and somewhat fragile creatures, extremely vulnerable, most people can't even bare it to be left alone, let alone have their life threatened..!

I'd go to Kuranda, only nothing is open past a certain hour there, as much as I like the community and I feel a connection to it, I really don't feel as though it has enough to sustain me there, I really don't, and it's a little tucked away for my liking...

The mechanic is only going to get as much information as is required, it's in the best interest of all those involved that I not disclose the finer details of

whats taking place, and I have also intentionally personally excluded myself from this information, given I don't need to know...

I completely trust that those operating in my best interests are doing so, because they are operating in their best interests...thereby there is a level of insurance within the very dynamic of human nature..!

It's sad that one should have to resort to certain measures, but at the end of the day, it has been nothing short of compulsory, for this mind trap, was my only option..!

See heres the thing, I wasn't delusional in the sense of what I perceived to be happening during my earlier episodes, I was merely early on these predictions, suffice to say, I believe its highly probable that this might also very well be the case for others of such a disposition...

My mind again was cast back, to some of the conversations that I had in the ward, some quite profound, the interactions, it was quite surreal at the best of times...granted the level of detail to which I am able to recall them, even today...

You see I was originally of the belief that they were all trying to extract or pilfer information from me, they were trying to get pieces of the puzzle, and I don't think that ever really stopped, only the methods simply got more sophisticated, and so be it more subtle...

The mechanic thinks he has the monopoly on this...this couldn't be further from the truth..!

The truth is that even I don't have access to, at least not consciously that of the biological inference, the bigger picture, that which is taking place on a molecular level, that in which I can only now discuss...for this in itself contains therein its own unique set of unique protections!

I had to really dig deep with this one, it was my only option...

Any attempts to alter this course or trajectory at this point would be frugal to say the least, for it is completely out of my hands, we can only hope that it stays true to form in terms of its original design parameters!

I literally through away the key!

They have all had their chance to break my mind, they all tried, well, it's not a walnut...quite the contrary, they only served to temper and condition it, to strengthen it..!

I think, strangely enough that this trajectory, these interactions, well, not entirely strange, well not at all actually, I sense that these interactions definitely form part of a much bigger picture, I just have to have faith, that this bigger picture is the intended destiny and true to the path..!

Suffice to say I am somewhat locked into this trajectory, so much as I have very little if any control or influence over it at this point, for I have since transgressed to a form of autopilot...

You see faith is in essence trust, its belief in the non visible, in that which one cannot quantify, or prove, that in which science and even logic can often not validate, nor in most cases even remotely confirm...

Faith is feared by the controlling "elites" for it is the willingness of an individual to sometimes completely forgo that of all which is imposed upon them, in terms of information and belief, for it is immune to their very influences, the very mechanisms of control, for which they rely so heavily on..! You see and there lay the problem, because it with faith that one can subjugate and even forgo the standard format, the standard rule-set, in which one can actually go about taking back control, for there is great power inherent in faith, for one cannot only take back control of their own mind, but that of their environment, even as far as actually direct and even manifest their own reality!

See heres the thing, is that I learnt to identify certain demographics, certain types by their traits, and they all posses key indicators, key aspects to their personality, to their nature, and they literally cannot help themselves, see for it goes against their very nature, and even if not in their actions, it is evident in the absence thereof and more often than not their intent..!

I no longer judge, for these subtle inferences, these differences, these biological variances, they are all part of this diversity, for this is intentionally, for it allows, provisions for and even promotes the diversity required, that entertains such a broad gamut of indifference!

My mind was just forced to go somewhere, I was thinking of the judgement associated with what defines "criminality" and I went to a place, I didn't anticipate, I thought of that of a paedophile...and I thought, this persons mind in most cases has actually formed in this way out of survival, it has been locked, or frozen in time, it has shut down, thus subsequently being the time of their abuse, suffice to say, if it occurred at say the age of 12 then they have the mind of a 12 year old...so therefor their attraction to persons of that age, is in fact quite normal, and for all intensive purposes in terms of being relative to that mind, perfectly healthy...so why is it that we prosecute them, for merely behaving and responding to such conditioning, especially given that it is in fact the by product of a traumatic experience...where is the concession or allowance for this???

This perspective should not be interpreted as me condoning this, in terms of the conduct or behaviour of a grown adult, towards that of a child, its not, its merely stating an observation!

Quite the contrary, instead, I put to the audience, that we owe it to do more, in terms of breaking this cycle, in not only identifying but doing our utmost to protect these vulnerable individuals, from such abuse, and we certainly need to do more in terms of identifying the signs!

Its interesting, I see society and those within it through a different lens now, I see those who walk the earth unscathed, unharmed, at peace, living an easy life, without a worry in the world, and I pity them, I truly do, because not only have they not experienced the full gamut and range of the human experience, and probably never will, but if it does come the time, that they need to face any real adversity or challenge, they will not only be completely unequipped to deal with it, but they will completely lack any real capacity to do so!!!

I had someone attempt to encroach on my personal space last night, they even went as far as to try to get my attention and even film me, they walked around me twice in the dark, the second time they shined a light on me, expecting me to turn around, I didn't bite...I stayed around for a little and something told me to move on, so I did, funnily enough they didn't stick around either...

I tend to look at any sort of paranoia through a fairly objective lens nowadays, I usually go through a series of questions, and ask, OK, W, plus X plus Y must equal Z, in the aforementioned scenario, all of the boxes were ticked and when he left when he didn't fulfill his objective, that was Z!

Again I'm disapointed that Ruth of all people, placed on my record that I had persecutory delusions when under stress...geees, I wonder why the fuck that is...no mention of it being based somewhat in reality...that almost gives them clear passage to simply dismiss the entire thing...

This signal is intended as a test signal, in saying this, it has been tested quite thoroughly and yielded around 25 to 30% a month in testing, this is the product of consdierable research, time and effort, and utulises 2 independant strategies, namley that of the consolidation of RSI and CCI, it also uses a zone recovery system, that hedges the orders in the market.

3rd Feb I'm just chilling out today, its been real nice, I worked until sun up when the markets closed, I had to keep an eye on the trading systems, I also placed a few manual trades, which, although they went well, I really shouldn't have done, I promised myself I would refrain from this and I really need to hold back in these instances, its simply not worth the risk, it really isn't...let alone the stress!

Aside of that though I am quite happy with the results, I really am, I ended up making around a 75% return on the original investment in only a few hours, in saying that it was a considerable contrast to that of only around \$2 over the previous 48hrs...

I just put this down to low trading volume and the system needing to coalate sufficient enough data in order to be able to run the trade logic, and I am glad that it is doing this, given that it came through on every level, it really did, I mean to say that it performed well was an understatement, it not only negated the huge spike that they send through during these friday night sessions, but in fact profited, whereby it would normally have had quite a negative impact, and even blown the account!

It also capitalised on every single instance whereby it had an oppurtunity for a profitable entry and did so in such a way that it only risked around 5% of the account at any given point in time, which is ideal really, I mean you are never going to eliminate risk entirely, unless of course your an institution using other peoples money...

I am realising the importance of just chilling out, and just being patient of all things, that's the most important of all really, its like the old Kenny Rogers song, knowing when to hold them, when to fold them, knowing when to run, knowing when to hide...Well I don't run or hide anymore...and I have learnt to work with what I've been dealt!

See heres the thing, they think that if they either set me up, or provide me with ample opportunity in order to "slip up" then its really just a matter of time, well, sorry to disappoint you, but that's not going to happen, not on my path...pure and simple, you are going to have to frame me..!

Again it comes back to simply giving these guys enough rope, and having faith in the systems that have been put in place, and also that in the integrity of those involved!

Its interesting what comes up in conversation, in chatting with Justin, I realised that the biggest killer, wasn't drugs, alcohol, or cancer, it was in fact the very thing that by the pure virtue of its nature makes it invisible...Ignorance, its close partner, awareness, the by product, intelligence!

I really enjoy writing, I truly do, and yes, I face the real possibility that what I am writing may never get read, or in fact even worse, the knowledge potentially exploited by the wrong people..!

I am learning to maintain this balance, for its important, if the mind doesn't get a chance to explore the gamut of experience, being that of all work, and focusing to intensely in one area, and not diversifying enough, can definitely be detrimental towards cognitive development...

Nuerual divergence is the key, its really that simple, and the mind needs a healthy reference system, its not rocket science, we are still primitive in terms of reward based conditioning and responses, we truly are. I worked hard all week, stayed up late on Friday, and made good progress, which translated into profits, so in response to this I need to reward myself, and it can be the simplest of things, it doesn't even have to cost any money...but its pinicle to that hard wiring and saying hey, you did well, what you did was not only accurate, correct, but beneficial and you hit your target.

People mistake at times simply pushing through at times like this, and not acknowledging not only this achievement, but in doing so actually ignoring it, suffice to say in this process one actually invalidates it, thus null and voiding it, which is in fact completely counter productive..!

So today I purchased a nice and simple meal at this resort, it was \$17, not over the top, humble, but nice treat, in retrospect, I'd made about \$600 the night prior, so in the grand scheme of things not lashing out, by any means, more a humble token of appreciation, to myself, saying thank you mind, thank you for giving me the strength, the insight and capacity to see this through...

I feel quite good, and quite balanced today, I really do, I just have faith that its going to be OK, I have put in the ground work, all of the measures, counter measures and everything in between..!

You see at the end of the day, reality is merely perception, thus ones perception defines ones reality...one can even go as far as to redefine their perception, thus their own reality in the process...

There is nothing more empowering that not only coming to terms with ones position, bu being at peace with it, knowing that it is merely just that a position, a location and point in time and space and that nothing is permanent!

I never really did give myself enough credit or acknowledgement for the time spent in isolation, it was definitely the harder path, and I walked it...

I have managed to slip between the cracks, or one could even say beneath the sheets of reality, for it was simply no longer functional, nor practical to participate in it, nor interact with it and quite frankly I refuse to continue to entertain their version of it...

You see they planned on certain parameters, certain somewhat predictable and reliable attributes, I needed to mix it up, for if they cannot tell from one day to the next, where I stand, then not only my position, but my point in space in time cannot be defined!

Sadly most people are nothing more than oranges...they just need a good squeeze!

You see, if you don't respond, nor react in the traditional fashion, they have nothing, they wield no power over you, they have no control over you, and they never will!!!

See heres the thing, they want to discredit any perceptions, that contravene that of their own, for they contradict the narrative, suffice to say, have the potential to deem it null and void...shared hallucinations, altered states of mind, not only highly controversial but frowned up to the point of being criminalised, by the institution...

I propose that these "hallucinations" by pure nature of their failure to align with the common consensus do not in fact deem then null an void, quite the contrary, if we are in fact in a state of mass hypnosis, and thus collective hallucination, then are the ones, who have in fact stepped outside of the narrative actually more likely to be in touch with actual "reality"!

Digressing from the narrative momentarily, I am quite aware of the fact that the mechanic has been assigned as my handler, and have been for sometime, to which there are some benefits to this, but for the most part, the inclusion of another, especially in terms of my IP and what that is worth, and the real possibility for someone close to leach that, well...lets just say I'm not going to rule that out!

I am only giving him access up to a point, in terms of what I know, and suffice to say, misinformation where required, given I simply don't trust him, I have seen how he had taken credit for my work in the past...claimed to be "working on this with me", now there is a considerable difference between supporting someone during an endeavour, and being a co contributor, or claiming anything of a similar nature in terms of its development...

This isn't to say, nor deny the value of his input, as far as someone to bounce concepts, ideas or aspects off, but in terms of any "technical" contribution, being that of its core attributes or any coding, strategies, it simply isn't his area, suffice to say not one he can lay claim too!

I remember when someone close to him, gave me their opinion on him, and they simply put it that "Bob was only in it for Bob", and although his facade might project a different image, at the core, that's exactly who he is, and this is reflected in where he focuses his time and energy...

You see, I see through the facade, I know full well that he only ever "adopted" me, that he saw the potential in me, but the very first opportunity he has to cash in on this, he won't even blink!

What I guess came of no surprise, was rather than a thank you, for the bus, he actually chose to make me feel guilty about it, even as far as to focus on the time it had consumed and how much it had not only inconvenienced him, but completely set him back, claiming as much as 8 fortnights...

In our latest conversation he told me how he was searching the streets for cigarette butts...as if to subtly hint that he needed money...well, sorry, but your going to have to go it alone on this one, I'm not supporting your habit, I already did that to the tune of \$200 and also gifted you a home on wheels and all the tools and most of the contents...

The interesting test in the relationship came when I went cold on him for 2 years, he never once asked if I was OK, he knew that he fucked up, because if he wasn't guilty he would have made contact...

If I had to hazard a guess, I would say that he is desperately trying to worm his way back in to his little collective, and he is so desperate that he will resort to anything, well good luck with that, you don't think that they see through it..?

To be honest, if he fails this last test, that's not only it for him, but I'll ensure his Karma is waiting for him at the end of that tunnel...

It comes back to the simple fact is that I am following a pure path, that of pure intention, that of guidance outside of that of my own, suffice to say this also brings with it the associated remittance!

I occasionally get granted the option, only to realise now, what I did then, with this comes great responsibility and also considerable anxiety and suffice to

say conflict, for I am interfering with the pure trajectory, and I have learnt there is nothing to be gained from this!

I know this path to be true, as it has served to protect me and has no ill will towards others, its plan in terms of bigger picture aligns with what I can only best describe as that of the best intentions for humanity on the whole!

I do wonder if my original "delusion" was correct, in terms of them farming people, syphoning their consciousness, building the equivalent of a server farm, but instead of computers, using human minds!

Had my subconscious mind been processing and evaluating this construct the entire time, I mean this would really explain a lot, my curiosity surrounding systems, information exchange networks, governments, corporations, syndicates...it was all there hiding in plain sight..!

It was only when I evicted the previous tenants that I truly started to make real progress, I can't believe that there were three in there...Jesus...

Its interesting, how I am able to almost predict the nature of this trading environment now, its quite interesting actually, I knew that they were going to spike it, and I safely distanced myself from that, it would have meant that I ended up forfeiting all of my profits...

I really don't need to manually trade any more, I just need to be patient, I really do, I need to stop falling back into this mindset of trying to get there too quick, as I really don't need to, not at all..!

In saying that, my decisions have been spot on, within a very tight tolerance, and I have profited quite well from these decisions, so I can't completely discredit them,

I don't think that I will ever make a success of this trading, I constantly self sabotage, I just cant help it, although I think I know what it is deep down inside, is that it always seems to happen when I speak to the Mechanic, he has a hold on me, and I have to break that hold, I really do, I need to fly solo from this point, its really important, he's a leech, and he's just waiting for the right opportunity...

How do I know this, because, he never once asked if I was sure about the bus, he knew that I wasn't 100%, he knew that I wasn't thinking straight, but he saw that and took advantage of it, he also took advantage of my generosity...

I'm thinking fuck him, its time to sever my ties with him again!

In fact I'm going to be cutting a few people out of my life, I think its for the best, especially these so called fucking hippies, like yeah man, like, yeah, its their energy man...fucking hypocrites, they are never there for you when you need them, that's the only one real thing you can rely on with them!

In fact, most people really don't actually give a fuck, that's the way of the world, sadly...

Everyone is so self absorbed in their own bullshit, I'd go as far as to say around 95% of them are all just following some selfish path and journey, no sense of other, no sense of community, they really don't give a fuck, and those that do are simply shot down, by those that don't...its really fucked up!

I think it might be time for me to leave here, it really is...I honestly think that maybe I am better off just isolating myself at the end of the day, just walking away from it all and saying fuck you all!

I think there is something in isolation, I really do, its pure, untainted..!

Lets face it, the entire system is completely fucked, humanity is fucked, its always going to be fucked, its never going to change, its really not, its never going to get any better, as long as humans are humans...

I know this feeling will pass, I know its a bit of an extreme response to no one really giving a shit..!

I remember something David Goggins said, and that was there was no one there for him, no one cared, no one helped, there was no support, he just had himself, he had to get through it alone, he had to push himself through it, so the thought of being alone, doesn't concern him in the slightest!

I don't particular care for company at this point, I truly don't, I have tried, but to be honest I simply don't have the space for it in my life, I truly don't...I'm used to being alone, it really doesn't particularly phase me, it truly doesn't!

See here's an interesting counter argument, if in fact the technology exists that enables someone to completely control and manipulate someones mind, even as far as having them believe they have formed some connection to go, just by turning a dial, if one can through the injection of certain frequencies completely control someones mood, then where does this leave us...

My mind automatically goes to (the mechanic) what about the justice system...

See heres the thing, I am coping quite OK with it all, but as far as the general populace, I don't think they are that well equipped to deal with it to be honest, I think they lack the conditioning, the training, I truly do, even the mechanic isn't what he used to be...

He is still to some extent locked in the primal brain...his vision, his perspective still somewhat limited, he can only see this projected timeline, this reality, he can't see the bigger picture, the bigger vision, he really can't

Its about the long game, it really is, I am learning this now, I really need to just chill, let the algos do their thing, sit back, relax and just let it run its course, I can't keep interfering with it, it has been incredibly stupid of me, to think that I am going to be able to continue to do the same thing and expect a different result, it truly has...

That's OK, because I definitely do think that if I just let things roll the way that they are, that the account should make around 3.5% a day, comfortably, it really should!

I feel quite good today, although I just cant seem to get settled, I've been to 4 different locations, they were all places in the past that I felt comfortable at, but just not today...

It would be interesting to know as to what causes that, and why, because I don't have any real answers, I really don't I have virtually no insight into it, other than it could potentially be as a result of hypersensitivity, that's really all I can put it down to..!

Jesus h fucking christ, some absolutely beautiful women just walked past in the last few minutes, I mean gees Louise, I do have to say that much for the tropics, god dam, I mean, wow!

I am having serious trouble concentrating, I really am...

As for whether I want to do any work related activity tonight, or just journal, in the hope I might spit out a gem, well who knows, my mind just isn't there tonight, it really isn't...

This blonde girl at the pier had such an endearing face, she truly did...her eyes, the way she looked into mine, it was rather a deep stare, it really was, if she was by herself I definitely would have approached her..!

I still feel lust, desire, which is quite surprising, all things considering, when I think of where I am in terms of uncertainty and the inherent isolation, the disconnect..!

My mind was cast back to this almost opposite reaction that I seem to posses to any sort of chemicals, in terms of pharmacopia, it makes me wonder, what if these antipsychotics are in fact acting as a psychotropic???

As for frenchy, I never heard from her again...she took my number and that was it..!

As for the other Frenchy, well quite frankly I hold steadfast to my original position, and it really was a matter of the too hard basket, it really was, she was just too fucked up, and I'm not in the position to take on a restoration project, I'm truly not!

I tried to get in contact with Nadia again, to no avail...I'm not sure what to do there, I do miss her, but then again it might have just been a moment in time, and perhaps it wasn't meant to be anything more than that, I guess everything has a lifespan..!

She was an odd one though, I just feel like we were never given a fair chance at making something of it, its as though the rug was pulled out from under us...

In saying that I think I put a bit too much pressure on it all, on us..!

My mind is certainly free from blockages, the mental constipation has well and truly subsided, and contrary to my original fear, it hasn't actually returned, which is quite profound to say the least, I just feel at peace, at ease, and apart from the occasional anxiety, so be it, somewhat fleeting, I must say, that I am at the complete opposite of the spectrum, compared to where I was only months ago!

I've decided I'm going to hold out for a bit longer on this letter to the councils solicitors, I think its best, as then I have given them more than fair chance to respond, and it puts them on the back foot in terms of my displacement!

Whats the last time you heard of a billionaire, business, or owner of a company selling a company, and say exchanging this wealth for or storing it in anything other than the current digital economy, I mean you don't see billionaires in huge bank vaults, or standing beside huge mounds of gold bullion for example...

You know why that is, because its simply not possible, if they went to a bank and asked to withdraw this in cash, or attempted to lock its value into bullion, there simply would not be the reserves available to facilitate for it, simple point and fact, that upon the clearing of here said funds, it would potentially liquidate a considerably substantial amount of holdings to actual cause the institution in question to become illiquid...

Ever asked the question, apart from living in a huge mansion, owning a private jet, or luxury car, what real 'liquid' assets do movie stars and celebrities actually truly possess, that cannot be simply repossessed...are they themselves simply not stores of wealth...

I put to you that these so called possessions, these acquisitions, are in fact nothing but loans, loans paid with interest, given none of these assets will depreciate in value, actually quite the contrary, and given it aligns with the very image required to sustain their status and thus feed an industry, it is really not dissimilar to a borrowed tuxedo, these celebrities, merely another form of commodity!

I would propose that the community, the general public, the citizens band together and basically put together a class action suite against governments, whereby simply being a citizen, being forced into participating and being part of this construct has caused them psychological harm..!

I can't say that I am proud to be Australian, by any stretch of the imagination, I'm not proud to be affiliated with or remotely associated to the ethos of what this system, this construct comprises of, the corruption, the complete and utter disease and level of infection, existent within this "administration" we commonly refer to as "government"...my patients is quickly wearing thin!

I fear not the recourse of my actions, I truly don't, for my thoughts and actions are pure, as to my intent, for I am following my path to the tee, and I will not deviate from it, not now!

For I am not going to concern myself with the likes of the fear and intimidation from them, I'm truly not, I care not for whether anyone "has my back" for this is irrelevant in the plane in which I reside, the reality to which I am partisan to...

For I am on my true path, I am true to my creator, I am attuned to his needs, and as long as I stay aligned with that purpose, there really isn't anything that they can do to shake that, or me!

They have no hold over me, for I fear not their mechanisms of intimidation...

I have brought to their attention their short comings, there need for redress, for they are now fully aware of the shift and changes that need to occur, and its really in their hands now, to a considerable degree, in saying that it really is in their best interests to be proactive in this situation!

Now again I am not totally naive to the fact that I might have intentionally been backed into this corner, there is no denying that as a possibility, to get me to turn on them, to get me to react and respond the way that I have, given I am almost purpose built for such an application...

The other slightly out there possibility, is that this is just a mind hack, and that I am actually in a coma, and this is all a simulation, and I am just one of many pods in a farm...suffice to say, if this is the case, and I can potentially back

propagate, index mark, reverse engineer this scenario, then perhaps I was intentionally submitted for this task, who knows, I might have even signed up for it, in saying this the mechanic might actually be a counter hack...

I mean that would make for a very interesting movie plot, undercover agent, goes in to expose human farming syndicate, and in doing so, has to become one of them, because they realised that if they can get someone to infiltrate the simulation, then they could wake the rest of them up...

So along the way, they manage to inject certain code, certain interactions, phone calls conversations, yet these people cant be obvious when they tip him off, in fact they need to do it in somewhat of an abstract fashion, clues, hints, puzzles, even little challenges...

Yet he's in there too long, hes become so deeply imbedded in the system, they try some really radical techniques in order to try and eject him from the system, but to no avail, because unbeknown to them a close friend and handler has been countering their moves the entire time...

Yet this is where the plot thickens, for he's been aware of this the entire time, and has actually reverse hacked his bios, because he realised he needed to get right back to the source, to the central hub, because these farms were actually international, and on a much larger scale than they first anticipated, and in fact, it might very well be the case that he merely exists on one of the many levels of the simulation, and his biometric signature might be his only hope!

He comes to the stark realisation, that the many layers of this construct, government, law enforcement, even his social interactions, were all just a means of distracting him from the task at hand, they were all just layers, just part of the seamlessly infinite layers, augmented realities, further still, they also traversed a narrative, that was one of an infinite array, on an infinite array of time lines, an infinite array of possibilities, and perhaps that any possibility of exiting this mind trap, was merely a carrot, dangling in front of a somewhat disorientated and confused donkey...

Its a little like levels in a computer game, any good designer, will incorporate enough diversity into the challenges on each level, to ensure that it is highly improbable that a mind will be capable of solving each level, suffice to say, or at the very least will find themselves stuck on a particular level for a considerable period of time, thus adding value, through increased engagement...

There were no walk throughs when I was a kid, I actually think walk throughs are an insult, they actually defeat the entire purpose of the game!

I just spent more time than I should have on the phone to Lucas, he's stuck in a loop, in a mind trap, he's mother has conditioned him to such an extent, that he simply cannot leave, he can't do the very thing that he needs to do, in order to ensure his self preservation...

My mind is drawn back to what part of the simulation, what purpose, is that of those whom are trapped either in a perpetual state of fear or discomfort, anxiety, for what purpose, this chemical must be the equivalent value of gold on another planet...

Actually, think about it...would it not have the equivalent value of a tranquilliser...or sedative, to some extent, being that you could almost make someone a mindless subservient zombie...to the point where they would almost do anything to survive...planet of the apes...

That ability to code, that ability to decipher, translate, interpret, granting one the ability to disenfranchise their input and separate it in terms of the projected output or outcome...

It's interesting when you find yourself at the stage whereby those offering advice, seem comparatively immature, in terms of their insight and perspective and it's about as useful as last week's weather...

As one evolves, one finds oneself drifting further and further from shore, willing to leave the security of the land mass behind, one is in fact more secure in the thought of and in the absence of such stability and security...

For it is quite the contrary, I see the company and the proximity to others as more of a liability than an asset, I truly do, for most people are operating at a level that borders on retarded...comparatively speaking...

I do kind of get it, once you get to a certain level of evolution, most people almost appear somewhat primal by comparison...I get the disconnect and disassociation that occurs, in the minds of the "elites" I truly do, I still don't feel as though I could ever bring myself to exploit others in this way...

I have come to the realisation that the ideal scenario, is when what you have to do, aligns with what you want to do!

I decided what I want to do, where I would have the best chance of making a difference, and that is in the areas of legislation pertaining to human rights and ethics, I feel as though that is the best chance to make a difference in this world, we need to explore the scope and depth of this in relation to common

law, especially in the grand scheme of things! I think I will also look into how it effects, and its associated interactions in all areas, including the justice system, reforms, constructs and everything in between.

I would go as far as to say that human rights violations, constitute a form of assault and should actually be treated as such!

Actually I would propose to the courts, that I feel if the true intention of incarceration is to offer a means of rehabilitation, and also to prevent further harm, wouldn't it in fact be taking it one step further to actually employ a "criminal" in an area where they can serve the best function, and even offset the "harm" they have actually caused...

In my own instance, I would propose that if found guilty, I be assigned to community service, in the above area, thus even be employed full-time

Regards,

Michael

I feel a little overwhelmed this morning, I truly do, I know it will pass, but I just have to work through it, I really do, I just need to relax, and just chill on it, I have been doing reasonably well up until now, I really have, I'm just having an off day, I need to keep my mind from wandering into negative territory...The truth is I don't feel safe at the moment, I don't know who to trust, my paranoia has returned, and I fear that I might be experiencing the early stages of psychosis...apart from that I am doing pretty well...

I think my brain could only divert from this thought process for so long, I think that the stay in the watch house definitely tipped me over the edge, it really did...

The strange thing is that I did feel somewhat guided by some sort of higher power, someone watching over me, I had faith that it was all going to be OK,

after all, in times like this, that's all one has, but that was shaken, it was shaken by a system, by a construct, that does very little, if anything to protect the vulnerable, especially in terms of mental illness...

I hope that I can push through this, as I was feeling quite strong at one point, now I'm not so sure...

It is somewhat egregious that the only options available to me are prison, or a psych ward, either one is not particularly nice as an option, they really aren't...

Its interesting as to how quickly your life can be flipped on its head, especially when you least expect it, it really is, my mind was doing quite well in terms of working through this at one point, I have taken it as far as I possibly can...

I am however incredibly grateful for the experience, for I realised, what a slippery slope desperation is, and when ones options become fewer and fewer, I truly understand now, what it must be like for someone with no opportunities, and how taking the alternative path, can seem quite appealing, especially when one is hungry and homeless, I got a sense of that desperation, and it brings me considerable sadness...I was worried for a while, as I thought I had lost that empathy, that compassion...I truly was, I was afraid that I had almost become psychopathic in order to survive, and for a moment there, I had, and if I am honest with myself, I have had to since I was a child...

I have also witnessed first hand the slippery and somewhat egregious slope of mental illness, especially when combined with the justice system, and how one can continue to spiral down almost a funnel, and once one gets down the neck, they are potentially right fucked...

Suffice to say, if one can maintain enough inertia one could potentially jetison into an entire new reality, they truly could...

I might put to the police, that they are going to need to run a fairly thorough investigation into Mr Rowan, and they are going to need to bring someone in from out of town, preferably from the AFP or similar, as the locals feel somewhat intimidated in not providing testimony.

I am going to need to emphasise on the main points of that night, and push those, and ask that that be teased out and explored!

I think this is really the best I can do, as it is beyond the scope of anything that I can manage at the moment, it really is, I simply cannot cope with all of the layers and pressures surrounding this, I really can't, there are simply too many variables...

OK so lets look at the present situation, I have addressed what I can to the best of my ability right now, I really have, sadly it really was a case of first in first served, sadly and that's the way it goes, and there is very little I can do to change or alter that, there really isn't...

I am not sure exactly how the counter claim will go, I might have to get some free legal advice on this, that's the best I can do really, is look at what are the options in attempting to counter this!

Originally I was of the thought to give this guy an opt out, but in reflection, I say fuck it to that, really, I mean why should he get a fucking free ride, I mean seriously, I mean really, what I am going to stand by and do nothing in this case...I don't fucking think so...

It has taken some courage to stand up for this, it truly has, but its the only real option I have at the end of the day, it really is, there is nothing much else I can do at this point, he backed me into a corner and he is seriously going to fucking pay for it...

You know its interesting the effect this has had on me, it truly is, I mean lets call it for what it is, a mind trap, pure and simple, the really tried to break me...and its only in this process that I came the realisation that when faced with the challenge, I realised how much I really wanted to live, it was only when it was being taken from me, my freedom, my life, my well being, that I truly appreciated it, it truly is!

As to where to from here, I think when this is all over, I just want to chill out on some remote island, help with the local community, just do my art, chill out, live a modest, but humble life, I truly do, because I don't think that my brain can really deal with much more than that, I feel as though I have kind of come to the end of the road...

As for the injustices in the world, they will always be there, I don't think going head to head with the system has any real purpose, I mean, one can always simply present a perspective and view point, make suggestions, but I think the best chance of change is on the macro scale, and I think that really we look at a construct and arrangement that can facilitate for this and those wishing to break away from the system, should be given the freedom and ability to do so!

I think the best chance, at a reasonable life, within this construct, is to simply be part of something of this nature, and look at focusing on that, for in the grand scheme of things, in terms of politics, commerce, government and the legal system, its just too difficult for an individual to make any real change, it

will require a global shift in consciousness, because at the end of the day, the general public doesn't really care, and I'm not about to preach to people!!!

As for any perceived threat with my existence, well, I can only say, that its really in the interests of my own sanity, that I pursue the aforementioned, as I have been dancing on that knives edge for too long, I really have, the brain after all only has so many flops...

I tell you though, its been one hell of a ride, it truly has...

I think I will still pursue some sort of interest, perhaps still dable in the markets, of even look at the mental health side of things, I would like to help out in this area, in some capacity, I really would!

I am of mixed feelings about what I have gone through, I really am, part of me is great full for the experience, and part of me wishes I had of lived a simpler, less complicated life, it truly does

My mind is cast back to something the mechanic said, it was quite interesting, that apparently he knew enough to play god, but chose not to...that's quite a profound statement really!

I feel mostly OK now, I really do, or is this simply chemicals that are being remotely triggered, the technology exists, we know it does, we know that one can alter someones mood remotely, the influence of brain waves, although is there any point really going there in my mind, I mean really...

I think I have done more than my fair share of sending my mind into place, where it doesn't really need to go, I really have, I really just need to just collect my thoughts, I really do...

I can't live like this anymore, I really can't I need to get this all behind me, then I just need to go bush or hit the water, its really that simple...

I'm in a bit of a profound space, in terms of the broader context of reality, I really am, I am still dumb struck as to how that entire self defence situation could have gone so badly south...

I am still mulling over the gamut of possibilities in terms of options at the moment, so be it on this plane, in this vessel, somewhat restricted, as to this reality, for unfortunately I am still confined to the obvious constraints and limitations of this meat popsical...

Things were so much simpler in some ways when I simply comprised of free valance electrons...suffice to say, I will return to this format, but until then, I face the inherent limitations of this entrapment...

I will need to just chill on the rest of it for the moment, I really will, and just let them run their investigation, for we need to have some faith in the system...

Its all about allowing these streams of energy run their course, electrons flowing through lines, fibre optics, analog to digital conversions, thoughts translated into words, then taking the form of binary code, then computational process, then into pixels, then back into words, then back into thoughts...what could possibly go wrong...

I must ensure that I maintain a balance, there is no need to stress about it at the end of the day, there really isn't, I just need to go through the processes, its really that simple, break it down into its smaller more manageable constituents, its really that simple...

It comes down to that old adage at the end of the day, either your an asset or a liability, however if you can maintain a neutral position, you are equally as safe in some regard, in between the yin and the yang parse...

You see the thing is, is that all houses that are built with cards, inevitably topple, for that is the nature of such constructs, such is the nature suffice to say of anything, that is built in the absence of any real formwork...

In terms of my allocated path, well that really comes down to the direction and course that thing take over the coming weeks, it really does, as for any element of preparation, well I feel as though I have really done the best that I can do in terms of this, I truly do!

In terms of any future potential agitation, I think that its probably time for the rinse cycle, and I do need to ask myself, at what point does one simply go, enough is enough...

I mean what is the personal likely hood of them dropping the charges, in light of being prosecuted themselves, well that is yet to be defined, it truly is, I certainly don't see it flying, in terms of them getting away with it, but that will be a true test in itself...

This wouldn't be the first time I have managed to free myself from this sort of mind trap...

The best I can do at this point, is simply ride it out, that's it at the end of the day, I can only do the best that I can do, it really is, I just need to chill on it, from this point forward, I really do!

I really need to try and keep it together through all of this, I really do, for if I don't no one else will, its all up to me now, and quite frankly has been for some time...

I read through around 160 pages of strategies for dealing with psychological disorders today, that was quite interesting, I only had a bit over an hour, I wish I could have staid longer, as I could have finished it...

I am not sure what I want to write about tonight, other than the last week has been quite interesting to say the least, quite a string of events...it has made me more appreciative of life, it really has, to see the other side, in that way, to see those in an environment, that would only dream of having half the opportunities that I have successfully managed to piss up the wall...

I am certainly seeing things from a different perspective, I really am, I even look at food differently, I look at my footprint, my thoughts are clearer, more concise, more conducive, and in a strange kind of way I am more at peace with myself than I was before...

More importantly I guess its the appreciation for what I do have, its quite a stark realisation really...

I am going to push through this, I feel as though I can face it now, I really do, I feel as though I have the strength and the fortitude to see it through, and I am just going to have to push forward, onward and upward as they say!

I really am not looking forward in having to go back to Townsville, what a shit hole, I mean seriously, there is no real nice way to put it, other than that really...

I guess having to go back there, will give me an appreciation for coming back here, I mean in saying that, maybe I'll find solace down there, perhaps I do need to contemplate moving back down south, as much as I have loved it up here, it truly is a magical place, it truly is!

In which reality do I want to reside at the end of the day, that of being trapped on a remote island, or that of this sort of diversity up here, what path do I want to take at the end of the day!!!

I mean I'm not sure about this cyclone situation though, its a little uncertain...

It would appear that they are trying to play funny buggers with the failure to appear and associated dates...fairly certain this constitutes fraud..!

I am really thinking of pulling the trigger on this if they keep playing games...

Lets see how good they are at playing hide the evidence...

Seriously fuck them, I am a little over it, I truly am, I have tried to be as patient and as accommodating as possible with this, I really have, but my patience is beginning to wear a little thin, it truly is...

As for anyone else who thinks they can fuck me on this...well...we'll just see...

I awoke this morning with faith in my heart, knowing that the truth will come out, that the truth will set me free, knowing in my heart, that I had done nothing wrong, that I was innocent in all of this, and that I just had to have faith in this, for this is all that I have, in terms of this vessel, on this plain, on this level of reality, for I am forced to play this out, and I know, I understand the bigger picture, but in saying that its a little hard to digest that sometimes, and its strange, that only now, only recently that I have developed this urge to fight for my life, that I have this urge to live, to live live, to its full potential...

Its interesting how when it comes to being face with having ones freedoms stripped away from them, it is only then that one truly appreciates what they have!

Its interesting their responses have been short and swift, whereby they ignored me in the past, somethings definitely altered, it will be interesting to see where this goes...

I might try and run the scenario again, regarding the no case to be heard, on both counts, I think that I need to present quite a strong argument, on all fronts, and do so in a way that is most impartial and almost speaking in the third person, as this is really the only way.

I must remain calm, collected, I really must, more importantly I must remain composed, I'm not sure where this strength is coming from, but I am certainly tapping into something, or being granted access to it, as for which, I am not entirely sure...

I will consciously not act out of fear, I will remain calm, and of a clear mind, more importantly I must remain at peace with myself and my surroundings, for this is of utmost paramount importance!

I most definitely feel that given the circumstances that I can't see how that any reasonable prosecutor couldn't look at the case and see it for what it is, as far as the situation with the "victim" it would be interesting to know where they were on the night of the tire slashings...

It's still a little hard to know who to trust in this situation, I am literally just putting my faith in the hands of the gods so to speak, for that's all I can do at the end of the day!

Its quite interesting how things have transpired, to say the least, it truly is, I mean, I'm unsure as to what portion is as a result of my conscious, versus my subconscious and I guess that's part of the mystery in a lot of ways...

As far as the transgression and what has transpired, I mean perhaps I am meant to be exactly where I am, at the time I need to be here, I guess I'll never really know, I mean it's really hard to say, I mean in terms of the bigger picture, again I am just choosing to have faith, and that's all I can do!

One can only be true to oneself at the end of the day, and do so in the hope, that again, in the grand scheme of things, they are true to purpose, because no one can really anticipate nor foresee their role in the grand scheme of things at the end of the day...

I do wonder, I look around me, and I see for the most part, that we have not only become a world that relies heavily on synthesised systems, technology, but we do so at the detriment of integrity, administration and even these automated processes are somewhat of a concern, because they are completely devoid of any human interaction or oversight...

Coming back to human nature, I'm really unsure of the direction that we are heading in the grand scheme of things, I really am, I am somewhat concerned by the associated disconnection to our fellow human, I really am, are we all just going to become pixels on a screen at some stage???

I'm also going to have to let them know that I don't feel particularly safe going down to Townsville, I don't particularly want to tempt the "victim" to inflict harm on to me...

I'm just not sure how much longer I can sustain this hyper awareness, I don't really want to have to spend the rest of my life remaining on guard, at this level of vigilance, its really too much sometimes, it really is, I just want to be able to go somewhere, chill out and just relax, that would be a nice change, it really would...

As for the strategy, well, that's still being refined, I believe I do have real value to offer this world, I truly do, I have a good mind, when I can focus it effectively, I just need some guidance some times, and a little support, that's all...

It was interesting, that the Mechanic said to me, that he has always trusted me to make the right decision...I mean that's a lot of faith to have in someone,

it really is, that's a lot of confidence, I mean for him to say that, knowing of the difficulty that I experience some times, the somewhat off the wall and abstract thought process, I mean him of all people, he's no idiot!

I think I might take the afternoon off, I need to just meditate on this for a bit, I really do!

It's really hard to say how I am perceived at the moment, I mean it would be quite easy to paint a picture, depicting either landscape perse, at the moment, it really would, I tend to see myself as just being me, my main motivation has always been towards that of my fellow human I guess and I do struggle, especially with what I have witnessed of late...

I do however get the strong impression that for the most part, those at the top of the pyramid so to speak, just see those at the bottom as forming foundation, and the associated constructs seem to support this, they really do, I mean it is what it is, it is like any natural system of distribution...

Again, perhaps this split in my persona, is the only thing that has kept me alive, or I have just managed to stumble my way through life, I mean we will never really know...

I mean heres the thing at the end of the day, is that is it possible, somewhere deep in my sub-conscious that I was acutely aware of this potential timeline all along, I mean now that would be quite a profound concept to to say the least...

I mean from that perspective, suffice to say, its hard to know also, as to how much of this grief I have knowingly signed up for perse, in light of the bigger picture so to speak...its really hard to say, one can never really anticipate the propogation and growth that can occur from a single seed, in terms of basic fractal self similarity, even further still random walk hypothesis...

1300 130 582

07 4433 8157 Court Liason Townsville

Queensland disability 07 3844 4200

1300 130 582

Dear Administration,

I have attempted to gain clarification regarding the apparent shift in classification of the property being the Cairns Campus, from that of public to private, to which I am yet to receive a response from the requested recipients.

The information that has been provided has been somewhat vague, ambiguous and even contradictory in nature, of which I have so far received various different instructions, none of which directly address not even answer the questions posed.

This entire experience is becoming quite frustrating and stressful, especially in light of numerous threats to have the police involved, if I failure to comply with here said direction, of which to date, still remains unclear.

I bring to your attention that on 2 separate occasions, the most recent being on Saturday August 26th, I was instructed by one your security staff, that I was not permitted to be on the premises, when in fact I actually was. Recently I was instructed that I was not permitted to be there at all over the weekend, despite the fact that the building that I was in at the time, was open to the public until 3pm, the security person in question then attempted to redact this statement, even going as far as accusing me of “putting words in their mouth”, they also informed me that they were acting under the instruction of the supervisor.

My reasoning for being there, was that I sought prior guidance and approval from the librarian staff, and secondly it is clearly stated that the library is open from 11am till 3pm on weekends.

Prior to this the police were actually provided with false testimony by another member of security instructing them that I was not permitted to be there after 5pm, and that I was to be charged with trespass if I did not comply, despite the fact that the library is in fact open until 6pm.

I don't feel that it is unreasonable to request that I receive the necessary clarification, from the the estate managers especially in light of the miscommunication and misinformation that has arisen thus far, also given that it is a public space, such documentation and information should in fact be provided to or made available to the public, given that in the absence of here said information, and any clear signage, subsequently the University inviting persons into the space, under such conditions, and pretext, would inevitably lead to someone committing a crime, this would in fact constitute as entrapment.

Your corporation and expedient response regarding this matter would be greatly appreciated, as not only am I being denied access to valuable resources required for my research, but I am also being unfairly discriminated against and subsequently denied the access normally available to general members of the public.

Regards,

Michael Despott

People don't even look where they are walking half the time, these days, they truly don't and then they're surprised when they step in dog shit..